

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Loehding	6:07.34	Blair Casey	18:54.74	Keith Johnson	19:14.87	Julio Lopez	23:44.87
Emily Field	6:00.05	Emily Field	19:09.26	Jennifer Loehding	27:26.75	Kumiko McCoy	32:00.37

5K MALE

		27 MALE Runners --- Average Time of 28:01					Avg. Age Grade: 55.9%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Blair Casey	Carrollton	(30)	9:45	-35	18:54.74		6:05.2	68.4%	1	1
MASTERS	1	Keith Johnson	Plano	(55)	9:44	-13	19:14.87		6:11.7	79.8%	3	2
SENIORS	1	Julio Lopez	Farmers Branch	(61)	12:00	-16	23:44.87 M		7:38.6	68.1%	10	9
M25-29	1	Jonathon Barnett	Arlington	(26)	10:53	+1	21:47.35 ✓		7:00.8	59.2%	6	5
	2	Maurice Valderas	Dallas	(26)	13:37	+63	28:17.00		9:06.2	45.6%	19	16
	3	Derek Sims	Carrollton	(26)	13:40	+61	28:21.09		9:07.5	45.5%	20	17
M30-34	1	Manav Shah	Dallas	(32)	22:01	-558	34:43.24		11:10.5	37.4%	31	22
M40-44	1	Ryan Loehding	Carrollton	(44)	10:25	-4	20:46.14 M		6:41.1	67.7%	4	3
	2	Kelly Parma	Carrollton	(44)	10:42	+27	21:51.22		7:02.0	64.4%	7	6
	3	David Miller	Carrollton	(40)	19:05	+52	39:02.47		12:34.0	35.0%	34	25
	4	William Grove	Carrollton	(40)	19:05	+52	39:02.58		12:34.0	35.0%	35	26
M45-49	1	Ryan Pogue	Carrollton	(45)	13:34	-43	26:26.12		8:30.5	53.6%	17	15
	2	Nathan Bruser	Coppell	(45)	17:41	-47	34:35.35		11:08.0	41.0%	29	21
M50-54	1	Charles Land	Dallas	(50)	10:53	-10	21:35.40 M ✓		6:56.9	68.3%	5	4
	2	David Emerson		(50)	11:08	-16	21:59.17		7:04.6	67.1%	9	8
	3	Scott Eppelman	Coppell	(50)	11:12	+11	22:33.95		7:15.8	65.4%	8	7
	4	David Francis	Dallas	(51)	12:11	-31	23:51.53 M		7:40.8	62.3%	11	10
	5	Aloysius Mathenge	Dallas	(52)	12:12	+28	24:51.21		7:60.0	60.3%	13	11
	6	John Kramer	Plano	(54)	17:02	-86	32:37.17 M		10:30.0	46.7%	32	23
M60-64	1	Ruben Arevalo	Carrollton	(61)	13:01	-38	25:23.83 M ✓		8:10.5	63.7%	14	12
	2	David Mask	Lewisville	(64)	13:10	+6	26:27.14		8:30.9	62.8%	16	14
	3	Ruben Reyes	Carrollton	(60)	15:20	+21	31:02.11		9:59.4	51.7%	25	19
	4	Michael Johnson	Coppell	(64)	18:07	+23	36:36.32 M		11:46.9	45.4%	33	24
M65-69	1	Robert Benson	Dallas	(67)	12:54	-3	25:45.01 M		8:17.3	66.4%	15	13
	2	Maxx Pomm	Dallas	(67)	14:47	+13	29:46.42		9:35.0	57.4%	24	18
	3	Scott McKissick	Irving	(68)	16:05	+64	33:14.71 M		10:42.0	51.9%	28	20
	4	Scott Ahlstrom	Carrollton	(68)	22:09	-12	44:05.55		14:11.5	39.1%	38	27

5K FEMALE

11 FEMALE Runners --- Average Time of **30:56** Avg. Age Grade: **57.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Emily Field	Dallas	(35)	9:45	-21	19:09.26	⌘	6:09.9	78.1%	2	1
MASTERS	1 Jennifer Loehding	Carrollton	(44)	13:59	-31	27:26.75		8:50.0	57.6%	18	3
SENIORS	1 Kumiko McCoy	Eules	(67)	16:10	-19	32:00.37		10:18.1	67.1%	26	7
F01-09	1 Blake Bruser	Coppell	(7)	17:41	-47	34:35.55		11:08.1	54.3%	30	9
F15-19	1 Paige Loehding	Carrollton	(16)	12:23	-26	24:20.16		7:50.0	62.9%	12	2
F35-39	1 Candise Kemp	Lewisville	(35)	13:57	+97	29:30.57		9:29.9	50.7%	23	6
F45-49	1 Rachel Meador	Coppell	(48)	14:47	-53	28:41.99	⌘✓	9:14.3	57.5%	21	4
	2 Rikki Creech		(45)	20:49	-6	41:30.77		13:21.7	38.5%	37	11
F50-54	1 Yanira Lopez	Farmers Branch	(53)	14:49	-48	28:50.47	⌘	9:17.0	60.9%	22	5
F55-59	1 Betsy Palmer	Carrollton	(55)	16:32	-28	32:35.68	⌘	10:29.5	55.4%	27	8
F65-69	1 Carol Creech	Plano	(65)	20:47	-3	41:30.63		13:21.7	50.1%	36	10

1M MALE

10 MALE Runners --- Average Time of **7:51** Avg. Age Grade: **59.4%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Ryan Loehding	Carrollton	(44)			6:07.34		6:07.3	66.1%	2	1
M50-54	1 David Francis	Dallas	(51)			6:37.54		6:37.5	64.5%	3	2
	2 Charles Land	Dallas	(50)			6:55.16		6:55.2	61.3%	5	4
	3 John Kramer	Plano	(54)			8:36.93		8:36.9	50.9%	10	8
M60-64	1 Barry Papermaster	Dallas	(62)			6:45.36		6:45.4	69.5%	4	3
	2 Julio Lopez	Farmers Branch	(61)			7:19.18		7:19.2	63.6%	6	5
	3 Ruben Arevalo	Carrollton	(61)			7:44.20		7:44.2	60.2%	7	6
	4 Michael Johnson	Coppell	(64)			10:46.80		10:46.8	44.3%	14	10
M65-69	1 Robert Benson	Dallas	(67)			7:47.55		7:47.6	63.1%	8	7
	2 Scott McKissick	Irving	(68)			9:44.93		9:44.9	50.9%	12	9

1M FEMALE

4 FEMALE Runners --- Average Time of **8:28** Avg. Age Grade: **59.4%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Emily Field	Dallas	(35)			6:00.05	⌘	6:00.1	71.1%	1	1
F45-49	1 Rachel Meador	Coppell	(48)			9:11.54		9:11.5	52.9%	11	3
F50-54	1 Yanira Lopez	Farmers Branch	(53)			8:25.86		8:25.9	61.4%	9	2
F55-59	1 Betsy Palmer	Carrollton	(55)			10:12.89	✓	10:12.9	52.1%	13	4

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6424 Emily Field (F35)	1	F35-39	OA	---				6:00.05	☐	6:00.1	20.53	6:00.05	71.1%
2	7072 Ryan Loehding (M44)	1	M40-44	OA	---				6:07.34		6:07.3	20.93	6:07.34	66.1%
3	7565 David Francis (M51)	2	M50-54	1st	---				6:37.54		6:37.5	22.64	6:37.54	64.5%
4	7554 Barry Papermaster (M62)	3	M60-64	1st	---				6:45.36		6:45.4	23.09	6:45.36	69.5%
5	7566 Charles Land (M50)	4	M50-54	2nd	---				6:55.16		6:55.2	23.66	6:55.16	61.3%
6	7193 Julio Lopez (M61)	5	M60-64	2nd	---				7:19.18		7:19.2	25.03	7:19.18	63.6%
7	7155 Ruben Arevalo (M61)	6	M60-64	3rd	---				7:44.20		7:44.2	26.46	7:44.20	60.2%
8	7118 Robert Benson (M67)	7	M65-69	1st	---				7:47.55		7:47.6	26.63	7:47.55	63.1%
9	7198 Yanira Lopez (F53)	2	F50-54	1st	---				8:25.86		8:25.9	28.79	8:25.86	61.4%
10	7261 John Kramer (M54)	8	M50-54	3rd	---				8:36.93		8:36.9	29.42	8:36.93	50.9%
11	7168 Rachel Meador (F48)	3	F45-49	1st	---				9:11.54		9:11.5	31.42	9:11.54	52.9%
12	7048 Scott McKissick (M68)	9	M65-69	2nd	---				9:44.93		9:44.9	33.30	9:44.93	50.9%
13	7454 Betsy Palmer (F55)	4	F55-59	1st	---				10:12.89	✓ ≥	10:12.9	34.90	10:12.89	52.1%
14	7252 Michael Johnson (M64)	10	M60-64	4th	---				10:46.80		10:46.8	36.83	10:46.80	44.3%
✓ 1 Club PR's						Average Finish Time: 08:01					Average Age Grade: 59.4%			

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6431 Blair Casey (M30)	1	M30-34	OA	---	9:45	9:10	-35	18:54.74		6:05.2	18.90	18:54.72	68.4%
2	6424 Emily Field (F35)	1	F35-39	OA	---	9:45	9:24	-21	19:09.26	⌚ ☐	6:09.9	19.15	19:09.25	78.1%
3	7355 Keith Johnson (M55)	2	M55-59	MS	0.5	9:44	9:31	-13	19:14.87		6:11.7	19.23	19:15.35	79.8%
4	7072 Ryan Loehding (M44)	3	M40-44	1st	---	10:25	10:21	-4	20:46.14	⌚	6:41.1	20.77	20:46.12	67.7%
5	7566 Charles Land (M50)	4	M50-54	1st	1.6	10:53	10:43	-10	21:35.40	⌚ ✓ Ⓞ	6:56.9	21.58	21:36.98	68.3%
6	7590 Jonathon Barnett (M26)	5	M25-29	1st	1.0	10:53	10:54	+1	21:47.35	✓ Ⓞ	7:00.8	21.78	21:48.33	59.2%
7	6001 Kelly Parma (M44)	6	M40-44	2nd	---	10:42	11:09	+27	21:51.22		7:02.0	21.85	21:51.21	64.4%
8	6634 Scott Eppelman (M50)	7	M50-54	3rd	1.5	11:12	11:22	+11	22:33.95		7:15.8	22.55	22:35.43	65.4%
9	6005 David Emerson (M50)	8	M50-54	2nd	52.9	11:08	10:51	-16	21:59.17	⊗	7:04.6	21.98	22:52.07	67.1%
10	7193 Julio Lopez (M61)	9	M60-64	SR	1.5	12:00	11:44	-16	23:44.87	⌚	7:38.6	23.73	23:46.36	68.1%
11	7565 David Francis (M51)	10	M50-54	4th	2.0	12:11	11:40	-31	23:51.53	⌚	7:40.8	23.85	23:53.52	62.3%
12	7473 Paige Loehding (F16)	2	F15-19	1st	2.0	12:23	11:57	-26	24:20.16		7:50.0	24.33	24:22.14	62.9%
13	7464 Aloysius Mathenge (M52)	11	M50-54	5th	3.0	12:12	12:39	+28	24:51.21		7:60.0	24.85	24:54.20	60.3%
14	7155 Ruben Arevalo (M61)	12	M60-64	1st	---	13:01	12:23	-38	25:23.83	⌚ ✓ ≥	8:10.5	25.38	25:23.81	63.7%
15	7118 Robert Benson (M67)	13	M65-69	1st	0.6	12:54	12:51	-3	25:45.01	⌚	8:17.3	25.75	25:45.59	66.4%
16	7008 David Mask (M64)	14	M60-64	2nd	5.5	13:10	13:17	+6	26:27.14		8:30.9	26.45	26:32.63	62.8%
17	7345 Ryan Pogue (M45)	15	M45-49	1st	11.5	13:34	12:52	-43	26:26.12		8:30.5	26.43	26:37.61	53.6%
18	7472 Jennifer Loehding (F44)	3	F40-44	MS	2.5	13:59	13:28	-31	27:26.75		8:50.0	27.43	27:29.24	57.6%
19	7591 Maurice Valderas (M26)	16	M25-29	2nd	1.2	13:37	14:40	+63	28:17.00		9:06.2	28.28	28:18.19	45.6%
20	7090 Derek Sims (M26)	17	M25-29	3rd	2.0	13:40	14:41	+61	28:21.09		9:07.5	28.35	28:23.07	45.5%
21	7168 Rachel Meador (F48)	4	F45-49	1st	7.6	14:47	13:55	-53	28:41.99	⌚ ✓ Ⓞ	9:14.3	28.68	28:49.58	57.5%
22	7198 Yanira Lopez (F53)	5	F50-54	1st	12.6	14:49	14:01	-48	28:50.47	⌚	9:17.0	28.83	29:03.03	60.9%
23	6006 Candise Kemp (F35)	6	F35-39	1st	0.5	13:57	15:34	+97	29:30.57	⊗	9:29.9	29.50	29:31.05	50.7%
24	7049 Maxx Pomm (M67)	18	M65-69	2nd	4.0	14:47	15:00	+13	29:46.42		9:35.0	29.77	29:50.40	57.4%
25	7283 Ruben Reyes (M60)	19	M60-64	3rd	5.0	15:20	15:42	+21	31:02.11		9:59.4	31.03	31:07.10	51.7%
26	7449 Kumiko McCoy (F67)	7	F65-69	SR	4.0	16:10	15:50	-19	32:00.37		10:18.1	32.00	32:04.36	67.1%
27	7454 Betsy Palmer (F55)	8	F55-59	1st	11.0	16:32	16:04	-28	32:35.68	⌚	10:29.5	32.58	32:46.66	55.4%
28	7048 Scott McKissick (M68)	20	M65-69	3rd	7.0	16:05	17:09	+64	33:14.71	⌚	10:42.0	33.23	33:21.69	51.9%
29	6002 Nathan Bruser (M45)	21	M45-49	2nd	13.3	17:41	16:54	-47	34:35.35		11:08.0	34.58	34:48.69	41.0%
30	6003 Blake Bruser (F7)	9	F01-09	1st	13.3	17:41	16:54	-47	34:35.55	Ⓞ	11:08.1	34.58	34:48.82	54.3%
31	7184 Manav Shah (M32)	22	M30-34	1st	6.0	22:01	12:43	-558	34:43.24		11:10.5	34.72	34:49.22	37.4%
32	7261 John Kramer (M54)	23	M50-54	6th	139.5	17:02	15:35	-86	32:37.17	⌚	10:30.0	32.62	34:56.67	46.7%

33	7252	Michael Johnson (M64)	24	M60-64	4 th	6.5	18:07	18:30	+23	36:36.32	⌚	11:46.9	36.60	36:42.80	45.4%
34	7540	David Miller (M40)	25	M40-44	3 rd	10.0	19:05	19:57	+52	39:02.47		12:34.0	39.03	39:12.46	35.0%
35	7539	William Grove (M40)	26	M40-44	4 th	10.0	19:05	19:57	+52	39:02.58		12:34.0	39.03	39:12.57	35.0%
36	7024	Carol Creech (F65)	10	F65-69	1 st	3.5	20:47	20:44	-3	41:30.63		13:21.7	41.50	41:34.11	50.1%
37	6714	Rikki Creech (F45)	11	F45-49	2 nd	3.5	20:49	20:42	-6	41:30.77		13:21.7	41.50	41:34.26	38.5%
38	7148	Scott Ahlstrom (M68)	27	M65-69	4 th	7.5	22:09	21:57	-12	44:05.55		14:11.5	44.08	44:13.04	39.1%
14 Positive Split 24 Negative Split ✓ 4 Club PR's											Average Finish Time: 28:51 <i>2 First Timers</i>		Average Age Grade: 56.4%		



Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Emily Field	F35	6:00.05	71.1%	
2	4	Barry Papermaster	M62	6:45.36	69.5%	
3	2	Ryan Loehding	M44	6:07.34	66.1%	
4	3	David Francis	M51	6:37.54	64.5%	
5	6	Julio Lopez	M61	7:19.18	63.6%	
6	8	Robert Benson	M67	7:47.55	63.1%	
7	9	Yanira Lopez	F53	8:25.86	61.4%	
8	5	Charles Land	M50	6:55.16	61.3%	
9	7	Ruben Arevalo	M61	7:44.20	60.2%	
10	11	Rachel Meador	F48	9:11.54	52.9%	
11	13	Betsy Palmer	F55	10:12.89	52.1%	
12	12	Scott McKissick	M68	9:44.93	50.9%	
13	10	John Kramer	M54	8:36.93	50.9%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	3	Keith Johnson	M55	19:14.87	79.8%	
2	2	Emily Field	F35	19:09.26	78.1%	
3	1	Blair Casey	M30	18:54.74	68.4%	
4	5	Charles Land	M50	21:35.40	68.3%	Move UP
5	10	Julio Lopez	M61	23:44.87	68.1%	
6	4	Ryan Loehding	M44	20:46.14	67.7%	
7	9	David Emerson	M50	21:59.17	67.1%	New
8	26	Kumiko McCoy	F67	32:00.37	67.1%	
9	15	Robert Benson	M67	25:45.01	66.4%	
10	8	Scott Eppelman	M50	22:33.95	65.4%	
11	7	Kelly Parma	M44	21:51.22	64.4%	
12	14	Ruben Arevalo	M61	25:23.83	63.7%	
13	12	Paige Loehding	F16	24:20.16	62.9%	
14	16	David Mask	M64	26:27.14	62.8%	
15	11	David Francis	M51	23:51.53	62.3%	
16	22	Yanira Lopez	F53	28:50.47	60.9%	
17	13	Aloysius Mathenge	M52	24:51.21	60.3%	
18	6	Jonathon Barnett	M26	21:47.35	59.2%	
19	18	Jennifer Loehding	F44	27:26.75	57.6%	
20	21	Rachel Meador	F48	28:41.99	57.5%	
21	24	Maxx Pomm	M67	29:46.42	57.4%	
22	27	Betsy Palmer	F55	32:35.68	55.4%	
23	30	Blake Bruser	F7	34:35.55	54.3%	
24	17	Ryan Pogue	M45	26:26.12	53.6%	
25	28	Scott McKissick	M68	33:14.71	51.9%	
26	25	Ruben Reyes	M60	31:02.11	51.7%	
27	23	Candise Kemp	F35	29:30.57	50.7%	
28	36	Carol Creech	F65	41:30.63	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