

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	6:32.95	Robert Flores	21:19.51	Vijayan Nair	22:11.13	John Cosentino	23:03.92
Kim Andres	8:22.08	Briana Carter	24:17.50	Jennifer Johnson	27:22.85	Kumiko McCoy	28:47.21

5K MALE

		22 MALE Runners --- Average Time of 29:46					Avg. Age Grade: 54.6%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Robert Flores	Aubrey	(37)	10:22	+35	21:19.51	ℓ	6:51.8	62.6%	1	1
MASTERS	1 Vijayan Nair	Plano	(55)	10:55	+20	22:11.13	ℓ	7:08.5	69.3%	2	2
SENIORS	1 John Cosentino	Plano	(55)	11:25	+14	23:03.92		7:25.4	66.6%	6	6
M25-29	1 Jonathon Barnett	Arlington	(27)	11:02	+15	22:18.85		7:10.9	57.8%	3	3
M30-34	1 Manav Shah	Dallas	(33)	11:17	+25	22:58.83		7:23.8	56.8%	5	5
M45-49	1 Kelly Parma	Carrollton	(45)	10:50	+39	22:19.46		7:11.1	63.5%	4	4
	2 Jen Evangelista	Irving	(46)	12:37	-1	25:12.84	ℓ	8:06.9	56.7%	10	8
	3 Nathan Bruser	Coppell	(46)	13:14	-9	26:18.58		8:28.1	54.3%	14	10
	4 Ryan Pogue	Carrollton	(46)	14:27	-42	28:12.86		9:04.9	50.6%	22	15
	5 Chris Goins	Garland	(47)	17:05	+24	34:34.85		11:07.8	41.6%	28	17
M50-54	1 Jeffrey Conklin	Arlington	(54)	12:49	+52	26:31.20	✓	8:32.2	57.5%	15	11
	2 Rich Cronin	Arlington	(50)	13:53	+26	28:11.78	✓	9:04.5	52.3%	21	14
M55-59	1 Steven Johnson	Farmers Branch	(59)	17:52	+95	37:19.46		12:00.8	42.6%	33	20
	2 John Kramer	Plano	(56)	23:25	+283	51:32.19	ℓ	16:35.3	30.1%	36	22
M60-64	1 Julio Lopez	Farmers Branch	(62)	12:10	+1	24:19.75	ℓ	7:49.9	67.1%	8	7
	2 Ruben Arevalo	Carrollton	(62)	12:47	+37	26:11.87	ℓ	8:25.9	62.3%	13	9
	3 Ruben Reyes	Carrollton	(61)	13:55	+37	28:26.25		9:09.2	56.9%	23	16
	4 Robert Simpson	Coppell	(62)	18:03	+55	37:00.99		11:54.9	44.1%	31	19
M65-69	1 Glenn Dumas	Farmers Branch	(68)	14:08	-32	27:44.37	ℓ	8:55.7	62.2%	19	13
	2 Michael Johnson	Coppell	(65)	18:57	-58	36:55.94	ℓ	11:53.2	45.4%	30	18
	3 David Mask	Lewisville	(65)	26:17	+111	54:24.34		17:30.7	30.8%	35	21
M75-79	1 Wally Capps	Farmers Branch	(77)	13:42	+14	27:38.80	ℓ	8:53.9	71.1%	18	12

5K FEMALE

16 FEMALE Runners --- Average Time of **32:56** Avg. Age Grade: **54.2%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Briana Carter	Arlington	(24)	12:19	-20	24:17.50		7:49.1	60.9%	7	1
MASTERS	1 Jennifer Johnson	Coppell	(55)	13:47	-10	27:22.85	ℳ	8:48.8	65.9%	16	5
SENIORS	1 Kumiko McCoy	Eules	(68)	14:26	-5	28:47.21	☑	9:15.9	75.8%	24	8
F10-14	1 Isabella Baeza	Highland Village	(11)	13:16	-27	26:03.84	✓	8:23.4	63.8%	12	4
F15-19	1 Cassie Scott	Carrollton	(16)	12:51	-45	24:56.16	✓	8:01.6	61.4%	9	2
	2 Maria Soria	Carrollton	(16)	12:51	+11	25:53.54		8:20.0	59.1%	11	3
F30-34	1 Rocio Ordorica	Tyler	(31)	13:33	+28	27:32.98		8:52.0	53.8%	17	6
	2 Megan Denman	Frisco	(31)	19:33	+59	40:05.96		12:54.4	36.9%	34	14
F40-44	1 Merari Baeza	The Colony	(43)	13:50	+18	27:57.02	✓	8:59.8	56.1%	20	7
F45-49	1 Amie Goins	Garland	(46)	15:38	+27	31:42.54		10:12.4	50.9%	27	11
	2 Sheila Holen	Lewisville	(46)	27:00	+79	55:18.08	ℳ	17:48.0	29.2%	37	15
F50-54	1 Kuay Sullivan	Coppell	(52)	14:38	-13	29:02.07	ℳ	9:20.7	59.8%	25	9
	2 Suvi Raisanen	Grapevine	(52)	18:15	-24	36:06.11	✓	11:37.2	48.1%	29	12
F55-59	1 Yanira Lopez	Farmers Branch	(55)	14:24	+33	29:21.17	ℳ	9:26.9	61.5%	26	10
	2 Betsy Palmer	Carrollton	(56)	18:39	-4	37:14.61		11:59.3	49.1%	32	13
	3 Cindi Gant	Carrollton	(59)	27:04	+70	55:17.32		17:47.7	34.5%	38	16

1M MALE

10 MALE Runners --- Average Time of **8:23** Avg. Age Grade: **55.8%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Vijayan Nair	Plano	(55)			6:32.95		6:33.0	67.5%	1	1
M35-39	1 Robert Flores	Aubrey	(37)			8:52.86		8:52.9	43.2%	9	8
M45-49	1 Jen Evangelista	Irving	(46)			8:27.25		8:27.3	48.6%	6	5
M50-54	1 M Maimonides	Kansas City, Mo	(54)			7:39.25		7:39.3	57.3%	4	4
M55-59	1 John Kramer	Plano	(56)			8:46.49		8:46.5	50.8%	8	7
M60-64	1 Julio Lopez	Farmers Branch	(62)			7:22.01		7:22.0	63.7%	2	2
	2 Ruben Arevalo	Carrollton	(62)			7:34.88	✓	7:34.9	61.9%	3	3
M65-69	1 Glenn Dumas	Farmers Branch	(68)			9:03.44		9:03.4	54.8%	10	9
	2 Michael Johnson	Coppell	(65)			10:45.96		10:46.0	44.8%	14	10
M75-79	1 Wally Capps	Farmers Branch	(77)			8:42.40		8:42.4	65.0%	7	6

1M FEMALE

5 FEMALE Runners --- Average Time of **10:11** Avg. Age Grade: **55.2%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Kim Andres	Irving	(64)			8:22.08		8:22.1	72.4%	5	1
F45-49	1 Sheila Holen	Lewisville	(46)			15:05.48	✓	15:05.5	31.4%	15	5
F50-54	1 Kuay Sullivan	Coppell	(52)			9:10.46		9:10.5	55.7%	13	4
F55-59	1 Jennifer Johnson	Coppell	(55)			9:07.45		9:07.5	58.3%	11	2
	2 Yanira Lopez	Farmers Branch	(55)			9:09.95		9:10.0	58.0%	12	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7117 Vijayan Nair (M55)	1	M55-59	OA	---				6:32.95		6:33.0	22.35	6:32.95	67.5%
2	7193 Julio Lopez (M62)	2	M60-64	1st	---				7:22.01		7:22.0	25.20	7:22.01	63.7%
3	7155 Ruben Arevalo (M62)	3	M60-64	2nd	---				7:34.88	✓ g	7:34.9	25.89	7:34.88	61.9%
4	6557 M Maimonides (M54)	4	M50-54	1st	---				7:39.25		7:39.3	26.17	7:39.25	57.3%
5	7040 Kim Andres (F64)	1	F60-64	OA	---				8:22.08		8:22.1	28.62	8:22.08	72.4%
6	7343 Jen Evangelista (M46)	5	M45-49	1st	---				8:27.25		8:27.3	28.91	8:27.25	48.6%
7	7916 Wally Capps (M77)	6	M75-79	1st	---				8:42.40		8:42.4	29.76	8:42.40	65.0%
8	7261 John Kramer (M56)	7	M55-59	1st	---				8:46.49		8:46.5	29.99	8:46.49	50.8%
9	6994 Robert Flores (M37)	8	M35-39	1st	---				8:52.86	x	8:52.9	30.33	8:52.86	43.2%
10	7014 Glenn Dumas (M68)	9	M65-69	1st	---				9:03.44		9:03.4	30.96	9:03.44	54.8%
11	7262 Jennifer Johnson (F55)	2	F55-59	1st	---				9:07.45		9:07.5	31.19	9:07.45	58.3%
12	7198 Yanira Lopez (F55)	3	F55-59	2nd	---				9:09.95		9:10.0	31.30	9:09.95	58.0%
13	7265 Kuay Sullivan (F52)	4	F50-54	1st	---				9:10.46		9:10.5	31.36	9:10.46	55.7%
14	7252 Michael Johnson (M65)	10	M65-69	2nd	---				10:45.96		10:46.0	36.78	10:45.96	44.8%
15	7246 Sheila Holen (F46)	5	F45-49	1st	---				15:05.48	✓ 1	15:05.5	51.60	15:05.48	31.4%

✓ 2 Club PR's Average Finish Time: 08:58 1 First Timers Average Age Grade: 55.6%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6994 Robert Flores (M37)	1	M35-39	OA	0.2	10:22	10:57	+35	21:19.51	ℓ	6:51.8	21.32	21:19.75	62.6%
2	7117 Vijayan Nair (M55)	2	M55-59	MS	0.1	10:55	11:16	+20	22:11.13	ℓ	7:08.5	22.18	22:11.28	69.3%
3	6993 Jonathon Barnett (M27)	3	M25-29	1st	1.8	11:02	11:17	+15	22:18.85		7:10.9	22.30	22:20.65	57.8%
4	6618 Kelly Parma (M45)	4	M45-49	1st	1.6	10:50	11:29	+39	22:19.46		7:11.1	22.32	22:21.07	63.5%
5	7184 Manav Shah (M33)	5	M30-34	1st	2.6	11:17	11:42	+25	22:58.83		7:23.8	22.97	23:01.39	56.8%
6	7255 John Cosentino (M55)	6	M55-59	SR	0.1	11:25	11:39	+14	23:03.92		7:25.4	23.05	23:04.07	66.6%
7	6992 Briana Carter (F24)	1	F20-24	OA	1.8	12:19	11:59	-20	24:17.50		7:49.1	24.28	24:19.25	60.9%
8	7193 Julio Lopez (M62)	7	M60-64	1st	0.2	12:10	12:10	+1	24:19.75	ℓ	7:49.9	24.32	24:19.91	67.1%
9	6995 Cassie Scott (F16)	2	F15-19	1st	3.8	12:51	12:06	-45	24:56.16	✓ 2	8:01.6	24.93	24:59.91	61.4%
10	7343 Jen Evangelista (M46)	8	M45-49	2nd	3.6	12:37	12:36	-1	25:12.84	ℓ	8:06.9	25.20	25:16.49	56.7%
11	6891 Maria Soria (F16)	3	F15-19	2nd	3.4	12:51	13:02	+11	25:53.54	x	8:20.0	25.88	25:56.97	59.1%
12	6001 Isabella Baeza (F11)	4	F10-14	1st	2.7	13:16	12:48	-27	26:03.84	✓ 3	8:23.4	26.05	26:06.52	63.8%
13	7155 Ruben Arevalo (M62)	9	M60-64	2nd	0.2	12:47	13:25	+37	26:11.87	ℓ	8:25.9	26.18	26:12.03	62.3%
14	6990 Nathan Bruser (M46)	10	M45-49	3rd	6.4	13:14	13:05	-9	26:18.58		8:28.1	26.30	26:24.95	54.3%
15	6864 Jeffrey Conklin (M54)	11	M50-54	1st	4.2	12:49	13:42	+52	26:31.20	✓ 1	8:32.2	26.52	26:35.42	57.5%
16	7262 Jennifer Johnson (F55)	5	F55-59	MS	2.2	13:47	13:36	-10	27:22.85	ℓ	8:48.8	27.37	27:25.07	65.9%
17	6002 Rocio Ordorica (F31)	6	F30-34	1st	2.7	13:33	14:00	+28	27:32.98	x	8:52.0	27.53	27:35.72	53.8%
18	7916 Wally Capps (M77)	12	M75-79	1st	2.8	13:42	13:56	+14	27:38.80	ℓ	8:53.9	27.63	27:41.58	71.1%
19	7014 Glenn Dumas (M68)	13	M65-69	1st	5.4	14:08	13:36	-32	27:44.37	ℓ	8:55.7	27.73	27:49.82	62.2%
20	7111 Merari Baeza (F43)	7	F40-44	1st	3.1	13:50	14:07	+18	27:57.02	✓ 10	8:59.8	27.95	28:00.16	56.1%
21	6998 Rich Cronin (M50)	14	M50-54	2nd	4.2	13:53	14:19	+26	28:11.78	✓ 1	9:04.5	28.18	28:16.00	52.3%
22	7345 Ryan Pogue (M46)	15	M45-49	4th	8.9	14:27	13:46	-42	28:12.86		9:04.9	28.20	28:21.80	50.6%
23	7283 Ruben Reyes (M61)	16	M60-64	3rd	6.1	13:55	14:31	+37	28:26.25		9:09.2	28.43	28:32.31	56.9%
24	7449 Kumiko McCoy (F68)	8	F65-69	SR	6.1	14:26	14:21	-5	28:47.21	☑ 17	9:15.9	28.78	28:53.30	75.8%
25	7265 Kuay Sullivan (F52)	9	F50-54	1st	4.9	14:38	14:25	-13	29:02.07	ℓ	9:20.7	29.03	29:06.94	59.8%
26	7198 Yanira Lopez (F55)	10	F55-59	1st	4.2	14:24	14:57	+33	29:21.17	ℓ	9:26.9	29.35	29:25.38	61.5%
27	7044 Amie Goins (F46)	11	F45-49	1st	7.1	15:38	16:05	+27	31:42.54		10:12.4	31.70	31:49.66	50.9%
28	7050 Chris Goins (M47)	17	M45-49	5th	7.0	17:05	17:30	+24	34:34.85		11:07.8	34.57	34:41.81	41.6%
29	7250 Sui Raisanen (F52)	12	F50-54	2nd	7.1	18:15	17:51	-24	36:06.11	✓ 3	11:37.2	36.10	36:13.23	48.1%
30	7252 Michael Johnson (M65)	18	M65-69	2nd	9.0	18:57	17:59	-58	36:55.94	ℓ	11:53.2	36.92	37:04.99	45.4%
31	6688 Robert Simpson (M62)	19	M60-64	4th	9.8	18:03	18:58	+55	37:00.99		11:54.9	37.00	37:10.81	44.1%

32	7454	Betsy Palmer (F56)	13	F55-59	2nd	10.7	18:39	18:35	-4	37:14.61	11:59.3	37.23	37:25.31	49.1%	
33	7258	Steven Johnson (M59)	20	M55-59	1st	12.6	17:52	19:27	+95	37:19.46	12:00.8	37.32	37:32.03	42.6%	
34	6212	Megan Denman (F31)	14	F30-34	2nd	5.9	19:33	20:33	+59	40:05.96	12:54.4	40.08	40:11.84	36.9%	
35	7008	David Mask (M65)	21	M65-69	3rd	5.3	26:17	28:07	+111	54:24.34	17:30.7	54.40	54:29.69	30.8%	
36	7261	John Kramer (M56)	22	M55-59	2nd	178.7	23:25	28:08	+283	51:32.19	16:35.3	51.53	54:30.91	30.1%	
37	7246	Sheila Holen (F46)	15	F45-49	2nd	13.5	27:00	28:18	+79	55:18.08	17:48.0	55.30	55:31.59	29.2%	
38	6999	Cindi Gant (F59)	16	F55-59	3rd	15.0	27:04	28:14	+70	55:17.32	17:47.7	55.28	55:32.33	34.5%	
25 Positive Split							13 Negative Split		✓ 7 Club PR's		Average Finish Time: 31:05 <u>2 First Timers</u>			Average Age Grade: 54.4%	

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	5	Kim Andres	F64	8:22.08	72.4%	
2	1	Vijayan Nair	M55	6:32.95	67.5%	
3	7	Wally Capps	M77	8:42.40	65.0%	
4	2	Julio Lopez	M62	7:22.01	63.7%	
5	3	Ruben Arevalo	M62	7:34.88	61.9%	
6	11	Jennifer Johnson	F55	9:07.45	58.3%	
7	12	Yanira Lopez	F55	9:09.95	58.0%	
8	4	M Maimonides	M54	7:39.25	57.3%	
9	13	Kuay Sullivan	F52	9:10.46	55.7%	
10	10	Glenn Dumas	M68	9:03.44	54.8%	
11	8	John Kramer	M56	8:46.49	50.8%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	24	Kumiko McCoy	F68	28:47.21	75.8%	Move UP
2	18	Wally Capps	M77	27:38.80	71.1%	
3	2	Vijayan Nair	M55	22:11.13	69.3%	
4	8	Julio Lopez	M62	24:19.75	67.1%	
5	6	John Cosentino	M55	23:03.92	66.6%	
6	16	Jennifer Johnson	F55	27:22.85	65.9%	
7	12	Isabella Baeza	F11	26:03.84	63.8%	
8	4	Kelly Parma	M45	22:19.46	63.5%	
9	1	Robert Flores	M37	21:19.51	62.6%	
10	13	Ruben Arevalo	M62	26:11.87	62.3%	
11	19	Glenn Dumas	M68	27:44.37	62.2%	
12	26	Yanira Lopez	F55	29:21.17	61.5%	
13	9	Cassie Scott	F16	24:56.16	61.4%	
14	7	Briana Carter	F24	24:17.50	60.9%	
15	25	Kuay Sullivan	F52	29:02.07	59.8%	
16	11	Maria Soria	F16	25:53.54	59.1%	
17	3	Jonathon Barnett	M27	22:18.85	57.8%	
18	15	Jeffrey Conklin	M54	26:31.20	57.5%	
19	23	Rubey Reyes	M61	28:26.25	56.9%	
20	5	Manav Shah	M33	22:58.83	56.8%	
21	10	Jen Evangelista	M46	25:12.84	56.7%	
22	20	Merari Baeza	F43	27:57.02	56.1%	
23	14	Nathan Bruser	M46	26:18.58	54.3%	
24	17	Rocio Ordorica	F31	27:32.98	53.8%	
25	21	Rich Cronin	M50	28:11.78	52.3%	
26	27	Amie Goins	F46	31:42.54	50.9%	
27	22	Ryan Pogue	M46	28:12.86	50.6%	

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