

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	6:29.77	Blair Casey	17:41.57	Robert Landon	21:50.62	John Cosentino	22:26.49
Kuay Sullivan	9:04.34	Neringa Kaulinaite	18:48.56	Kuay Sullivan	27:06.73	Kim Andres	27:33.07

5K MALE

		26 MALE Runners --- Average Time of 27:08						Avg. Age Grade: 58.3%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(33)	9:08	-34	17:41.57	☑	5:41.7	73.8%	1	1
MASTERS	1 Robert Landon	Allen	(61)	11:01	-11	21:50.62		7:01.8	74.1%	6	4
SENIORS	1 John Cosentino	Plano	(58)	11:18	-9	22:26.49		7:13.4	70.2%	8	6
M01-09	1 Caleb Terry		(8)	14:09	-31	27:46.26	⌚	8:56.3	61.3%	22	17
M15-19	1 William Poole	Carrollton	(15)	10:47	-17	21:16.31	✓	6:50.8	65.4%	3	2
M20-24	1 Shelton Thokos		(24)	16:18	-247	28:29.60		9:10.3	45.3%	25	20
M25-29	1 Cole Atchinson	Mile Race Group	(25)	10:58	-7	21:48.78		7:01.3	59.1%	4	3
	2 Craig Ostrovich	Coppell	(26)	11:11	+26	22:47.59		7:20.2	56.6%	9	7
M30-34	1 Ryan Boyd	carrollton	(32)	12:16	+54	25:26.09	✓	8:11.2	51.1%	15	12
M35-39	1 Jason Egger	Mesquite	(38)	11:33	+27	23:32.17	✓	7:34.5	57.1%	10	8
	2 Josh Terry		(39)	14:07	-26	27:47.44	⌚	8:56.7	48.8%	23	18
M45-49	1 Marcus O'con	Dallas	(49)	11:09	-4	22:14.67	⌚	7:09.6	65.8%	7	5
	2 Burns Thacker		(46)	14:45	+294	34:23.21		11:04.1	41.6%	31	24
M50-54	1 Chris Goins	Garland	(50)	17:34	+88	36:36.76		11:47.1	40.3%	33	25
M55-59	1 Steve Russo	Plano	(56)	11:36	+42	23:54.01		7:41.6	64.8%	12	9
	2 Doug Waters	Carrollton	(56)	12:20	-9	24:30.88		7:53.4	63.2%	13	10
	3 Vijayan Nair	Plano	(57)	12:06	+39	24:50.48	⌚	7:59.7	62.9%	14	11
	4 John Kramer	Plano	(58)	25:10	-35	49:44.23	⌚	16:00.5	31.7%	35	26
M60-64	1 Bradley Gardner	Fort Worth	(62)	12:47	-5	25:29.81		8:12.4	64.0%	16	13
	2 Julio Lopez	Farmers Branch	(64)	13:00	+28	26:28.25	⌚	8:31.2	62.8%	17	14
	3 Ed Ostrovich	Coppell	(61)	13:37	-5	27:09.17		8:44.4	59.6%	19	16
	4 Ruben Reyes	Carrollton	(64)	15:15	+28	30:58.50		9:58.2	53.7%	27	21
M65-69	1 Ruben Arevalo	Carrollton	(65)	13:26	+8	26:59.43	⌚	8:41.2	62.1%	18	15
	2 Peter Chan	Coppell	(67)	15:43	-13	31:12.44	⌚	10:02.7	54.8%	28	22
	3 David Mask	Denton	(68)	15:57	-3	31:51.70		10:15.3	54.1%	29	23
M75-79	1 Wally Capps	Farmers Branch	(79)	14:20	-23	28:16.26	⌚	9:06.0	72.6%	24	19

5K FEMALE

9 FEMALE Runners --- Average Time of

29:53

Avg. Age Grade: 61.7%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Neringa Kaulinaite		(37)	9:20	+9	18:48.56		6:03.3	80.2%	2	1
MASTERS	1 Kuay Sullivan	Coppell	(54)	13:35	-3	27:06.73	⌚	8:43.6	65.7%	20	4
SENIORS	1 Kim Andres	Irving	(67)	13:30	+34	27:33.07		8:52.1	77.9%	21	5
F10-14	1 Quinn Dixon	Hurst	(14)	11:37	+30	23:43.83	✓	7:38.3	66.2%	11	3
F15-19	1 Avery Junk		(15)	10:57	-6	21:48.04		7:01.0	71.1%	5	2
F45-49	1 Amie Goins	Garland	(48)	17:00	+63	35:02.43		11:16.7	47.1%	32	8
	2 Sheila Holen	Lewisville	(49)	25:05	+116	52:06.07	⌚	16:46.2	32.1%	34	9
F50-54	1 Debbie Riedner	Dallas	(51)	14:05	+46	28:56.28		9:18.9	59.2%	26	6
F55-59	1 Betsy Palmer	Carrollton	(59)	17:09	-22	33:56.07		10:55.3	56.2%	30	7

1M MALE

9 MALE Runners --- Average Time of

8:34

Avg. Age Grade: 56.5%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Vijayan Nair	Plano	(57)			6:29.77		6:29.8	69.2%	1	1
M01-09	1 Caleb Terry		(8)			7:21.50		7:21.5	66.5%	2	2
M35-39	1 Josh Terry		(39)			7:21.81		7:21.8	52.9%	3	3
M45-49	1 Marcus O'con	Dallas	(49)			8:03.31	✓	8:03.3	52.2%	5	5
M55-59	1 John Kramer	Plano	(58)			12:14.22		12:14.2	37.0%	10	9
M60-64	1 Julio Lopez	Farmers Branch	(64)			7:56.33		7:56.3	60.2%	4	4
M65-69	1 Ruben Arevalo	Carrollton	(65)			8:35.89		8:35.9	56.1%	6	6
	2 Peter Chan	Coppell	(67)			10:06.30		10:06.3	48.6%	9	8
M75-79	1 Wally Capps	Farmers Branch	(79)			9:00.48		9:00.5	65.5%	7	7

1M FEMALE

2 FEMALE Runners --- Average Time of

12:17

Avg. Age Grade: 44.8%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(54)			9:04.34		9:04.3	57.9%	8	1
F45-49	1 Sheila Holen	Lewisville	(49)			15:29.86		15:29.9	31.7%	11	2

FN*: Broke Age-Group Record GD Place among Females Positive Split

Timing provided by:

8/30/2020

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

DeltaViewTiming.com

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7117 Vijayan Nair (M57)	1	M55-59	OA	---				6:29.77		6:29.8	22.18	6:29.77	69.2%
2	6006 Caleb Terry (M8)	2	M01-09	1st	---				7:21.50	✗	7:21.5	25.15	7:21.50	66.5%
3	6005 Josh Terry (M39)	3	M35-39	1st	---				7:21.81		7:21.8	25.15	7:21.81	52.9%
4	7193 Julio Lopez (M64)	4	M60-64	1st	---				7:56.33		7:56.3	27.14	7:56.33	60.2%
5	7270 Marcus O'con (M49)	5	M45-49	1st	---				8:03.31	✓ 11	8:03.3	27.54	8:03.31	52.2%
6	7155 Ruben Arevalo (M65)	6	M65-69	1st	---				8:35.89		8:35.9	29.36	8:35.89	56.1%
7	7916 Wally Capps (M79)	7	M75-79	1st	---				9:00.48		9:00.5	30.79	9:00.48	65.5%
8	7265 Kuay Sullivan (F54)	1	F50-54	OA	---				9:04.34		9:04.3	31.02	9:04.34	57.9%
9	7153 Peter Chan (M67)	8	M65-69	2nd	---				10:06.30		10:06.3	34.55	10:06.30	48.6%
10	7261 John Kramer (M58)	9	M55-59	1st	---				12:14.22		12:14.2	41.85	12:14.22	37.0%
11	7246 Sheila Holen (F49)	2	F45-49	1st	---				15:29.86		15:29.9	52.97	15:29.86	31.7%
✓ 1 Club PR's						Average Finish Time: 09:14 1 First Timers					Average Age Grade: 54.4%			

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7011 Blair Casey (M33)	1	M30-34	OA	---	9:08	8:34	-34	17:41.57	☑ 28	5:41.7	17.68	17:41.57	73.8%
2	6004 Neringa Kaulinaite (F37)	1	F35-39	OA	2.3	9:20	9:29	+9	18:48.56	✗	6:03.3	18.80	18:50.87	80.2%
3	7205 William Poole (M15)	2	M15-19	1st	0.3	10:47	10:30	-17	21:16.31	✓ 8	6:50.8	21.27	21:16.64	65.4%
4	101 Cole Atchinson (M25)	3	M25-29	1st	---	10:58	10:51	-7	21:48.78	✗	7:01.3	21.80	21:48.78	59.1%
5	6008 Avery Junk (F15)	2	F15-19	1st	0.8	10:57	10:51	-6	21:48.04	✗	7:01.0	21.80	21:48.81	71.1%
6	7159 Robert Landon (M61)	4	M60-64	MS	2.0	11:01	10:50	-11	21:50.62		7:01.8	21.83	21:52.60	74.1%
7	7270 Marcus O'con (M49)	5	M45-49	1st	3.8	11:09	11:05	-4	22:14.67	ℓ	7:09.6	22.23	22:18.46	65.8%
8	7255 John Cosentino (M58)	6	M55-59	SR	1.4	11:18	11:09	-9	22:26.49		7:13.4	22.43	22:27.88	70.2%
9	6904 Craig Ostrovich (M26)	7	M25-29	2nd	1.4	11:11	11:37	+26	22:47.59		7:20.2	22.78	22:48.97	56.6%
10	7081 Jason Egger (M38)	8	M35-39	1st	0.3	11:33	12:00	+27	23:32.17	✓ 4	7:34.5	23.53	23:32.49	57.1%
11	6820 Quinn Dixon (F14)	3	F10-14	1st	1.3	11:37	12:07	+30	23:43.83	✓ 1	7:38.3	23.72	23:45.15	66.2%
12	7405 Steve Russo (M56)	9	M55-59	1st	3.7	11:36	12:18	+42	23:54.01		7:41.6	23.90	23:57.76	64.8%
13	7012 Doug Waters (M56)	10	M55-59	2nd	5.0	12:20	12:11	-9	24:30.88		7:53.4	24.50	24:35.92	63.2%
14	7117 Vijayan Nair (M57)	11	M55-59	3rd	0.4	12:06	12:45	+39	24:50.48	ℓ	7:59.7	24.83	24:50.85	62.9%
15	7488 Ryan Boyd (M32)	12	M30-34	1st	1.9	12:16	13:10	+54	25:26.09	✓ 4	8:11.2	25.43	25:28.00	51.1%
16	7058 Bradley Gardner (M62)	13	M60-64	1st	6.6	12:47	12:42	-5	25:29.81		8:12.4	25.48	25:36.45	64.0%
17	7193 Julio Lopez (M64)	14	M60-64	2nd	1.8	13:00	13:28	+28	26:28.25	ℓ	8:31.2	26.47	26:30.06	62.8%
18	7155 Ruben Arevalo (M65)	15	M65-69	1st	2.1	13:26	13:34	+8	26:59.43	ℓ	8:41.2	26.98	27:01.49	62.1%
19	6834 Ed Ostrovich (M61)	16	M60-64	3rd	1.0	13:37	13:32	-5	27:09.17		8:44.4	27.15	27:10.15	59.6%
20	7265 Kuay Sullivan (F54)	4	F50-54	MS	3.9	13:35	13:32	-3	27:06.73	ℓ	8:43.6	27.10	27:10.63	65.7%
21	7040 Kim Andres (F67)	5	F65-69	SR	2.5	13:30	14:04	+34	27:33.07		8:52.1	27.55	27:35.54	77.9%
22	6006 Caleb Terry (M8)	17	M01-09	1st	3.3	14:09	13:38	-31	27:46.26	ℓ ✗	8:56.3	27.77	27:49.55	61.3%
23	6005 Josh Terry (M39)	18	M35-39	2nd	3.3	14:07	13:41	-26	27:47.44	ℓ	8:56.7	27.78	27:50.73	48.8%
24	7916 Wally Capps (M79)	19	M75-79	1st	6.4	14:20	13:57	-23	28:16.26	ℓ	9:06.0	28.27	28:22.64	72.6%
25	6007 Shelton Thokos (M24)	20	M20-24	1st	8.7	16:18	12:11	-247	28:29.60	✗	9:10.3	28.48	28:38.32	45.3%
26	6817 Debbie Riedner (F51)	6	F50-54	1st	9.7	14:05	14:51	+46	28:56.28		9:18.9	28.93	29:06.00	59.2%
27	7283 Ruben Reyes (M64)	21	M60-64	4th	3.6	15:15	15:43	+28	30:58.50		9:58.2	30.97	31:02.10	53.7%
28	7153 Peter Chan (M67)	22	M65-69	2nd	4.4	15:43	15:30	-13	31:12.44	ℓ	10:02.7	31.20	31:16.81	54.8%
29	7008 David Mask (M68)	23	M65-69	3rd	64.8	15:57	15:55	-3	31:51.70		10:15.3	31.85	32:56.54	54.1%
30	7454 Betsy Palmer (F59)	7	F55-59	1st	12.2	17:09	16:47	-22	33:56.07		10:55.3	33.93	34:08.24	56.2%
31	6002 Burns Thacker (M46)	24	M45-49	2nd	10.4	14:45	19:39	+294	34:23.21	✗	11:04.1	34.38	34:33.63	41.6%
32	7044 Amie Goins (F48)	8	F45-49	1st	13.2	17:00	18:03	+63	35:02.43		11:16.7	35.03	35:15.58	47.1%
33	7050 Chris Goins (M50)	25	M50-54	1st	12.8	17:34	19:03	+88	36:36.76		11:47.1	36.60	36:49.55	40.3%
34	7246 Sheila Holen (F49)	9	F45-49	2nd	89.9	25:05	27:01	+116	52:06.07	ℓ	16:46.2	52.10	53:35.93	32.1%
35	7261 John Kramer (M58)	26	M55-59	4th	287.2	25:10	24:34	-35	49:44.23	ℓ	16:00.5	49.73	54:31.43	31.7%
16 Positive Split 19 Negative Split ✓ 5 Club PR's						Average Finish Time: 27:50 6 First Timers					Average Age Grade: 59.2%			

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Vijayan Nair	M57	6:29.77	69.2%	
2	2	Caleb Terry	M8	7:21.50	66.5%	New
3	7	Wally Capps	M79	9:00.48	65.5%	
4	4	Julio Lopez	M64	7:56.33	60.2%	
5	8	Kuay Sullivan	F54	9:04.34	57.9%	
6	6	Ruben Arevalo	M65	8:35.89	56.1%	
7	3	Josh Terry	M39	7:21.81	52.9%	
8	5	Marcus O'con	M49	8:03.31	52.2%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Neringa Kaulinaite	F37	18:48.56	80.2%	New
2	21	Kim Andres	F67	27:33.07	77.9%	
3	6	Robert Landon	M61	21:50.62	74.1%	
4	1	Blair Casey	M33	17:41.57	73.8%	Move UP
5	24	Wally Capps	M79	28:16.26	72.6%	
6	5	Avery Junk	F15	21:48.04	71.1%	New
7	8	John Cosentino	M58	22:26.49	70.2%	
8	11	Quinn Dixon	F14	23:43.83	66.2%	Move UP
9	7	Marcus O'con	M49	22:14.67	65.8%	
10	20	Kuay Sullivan	F54	27:06.73	65.7%	
11	3	William Poole	M15	21:16.31	65.4%	New
12	12	Steve Russo	M56	23:54.01	64.8%	
13	16	Bradley Gardner	M62	25:29.81	64.0%	
14	13	Doug Waters	M56	24:30.88	63.2%	
15	14	Vijayan Nair	M57	24:50.48	62.9%	
16	17	Julio Lopez	M64	26:28.25	62.8%	
17	18	Ruben Arevalo	M65	26:59.43	62.1%	
18	22	Caleb Terry	M8	27:46.26	61.3%	
19	19	Ed Ostrovich	M61	27:09.17	59.6%	
20	26	Debbie Riedner	F51	28:56.28	59.2%	
21	4	Cole Atchinson	M25	21:48.78	59.1%	
22	10	Jason Egger	M38	23:32.17	57.1%	
23	9	Craig Ostrovich	M26	22:47.59	56.6%	
24	30	Betsy Palmer	F59	33:56.07	56.2%	
25	28	Peter Chan	M67	31:12.44	54.8%	
26	29	David Mask	M68	31:51.70	54.1%	
27	27	Ruben Reyes	M64	30:58.50	53.7%	
28	15	Ryan Boyd	M32	25:26.09	51.1%	

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