

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
John Shirk	4:43.95	Blair Casey	16:06.37	Marcus O'con	21:22.65	Robert Landon	21:48.08
Lasean Davis	5:28.17	Trinity Sullivan	26:29.22	Kuay Sullivan	26:29.90	Yanira Lopez	31:06.72

5K MALE

		24 MALE Runners --- Average Time of 26:55						Avg. Age Grade: 59.2%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(34)	8:14	-22	16:06.37	☑	5:11.0	81.4%	1	1
MASTERS	1 Marcus O'con	Dallas	(50)	10:46	-9	21:22.65	ℓ	6:52.8	69.0%	5	5
SENIORS	1 Robert Landon	Allen	(61)	10:42	+24	21:48.08		7:01.0	74.2%	6	6
M15-19	1 Ephraim Weiss	Dallas	(16)	10:15	+24	20:54.21	✓	6:43.7	65.5%	4	4
	2 Eli Levine	Parker	(16)	12:18	+6	24:42.11		7:57.0	55.4%	11	11
	3 Max Schultz	Dallas	(16)	13:08	+29	26:45.97	✓	8:36.9	51.2%	16	14
	4 Benjamin Schussler	Dallas	(16)	13:03	+71	27:17.54		8:47.1	50.2%	17	15
M20-24	1 Carson Vickroy		(24)	8:14	-2	16:25.89	✓	5:17.3	78.5%	2	2
M25-29	1 John Shirk	Mile Race Group	(25)	8:14	+33	17:01.33	ℓ	5:28.7	75.8%	3	3
	2 Craig Ostrovich	Coppell	(26)	10:56	+7	21:58.37	✓	7:04.3	58.7%	7	7
M30-34	1 Ryan Boyd	Carrollton	(32)	12:17	+67	25:41.02		8:16.0	50.6%	12	12
M50-54	1 Chris Goins	Garland	(50)	16:14	+7	32:34.69		10:29.2	45.3%	24	19
	2 Chris Wong	Irving	(51)	24:33	-279	44:27.36		14:18.5	33.4%	33	22
M55-59	1 John Cosentino	Plano	(58)	11:39	-9	23:08.53	ℓ	7:26.9	68.1%	8	8
	2 Doug Waters	Carrollton	(56)	11:45	+12	23:42.38		7:37.8	65.4%	9	9
	3 Steve Russo	Plano	(57)	12:12	+2	24:26.03	ℓ	7:51.9	64.0%	10	10
	4 Ruben Saguil	Carrollton	(55)	12:36	+18	25:31.07		8:12.8	60.2%	38	24
	5 John Kramer	Plano	(58)	23:59	-19	47:39.57	ℓ	15:20.4	33.1%	37	23
M60-64	1 Ruben Reyes	Carrollton	(64)	14:36	+44	29:55.44		9:37.9	55.5%	20	17
	2 Victor Elfenbein	Dallas	(62)	15:19	+46	31:23.46	ℓ	10:06.2	52.0%	22	18
	3 Steven Johnson	Farmers Branch	(62)	16:12	+58	33:22.61	✓	10:44.6	48.9%	26	20
	4 Timothy Eaton	Carrollton	(64)	17:14	+28	34:55.19		11:14.4	47.6%	29	21
M65-69	1 Julio Lopez	Farmers Branch	(65)	12:46	+39	26:10.73	ℓ	8:25.6	64.1%	13	13
M80-99	1 Wally Capps	Farmers Branch	(80)	13:53	+44	28:29.15	ℓ	9:10.1	73.8%	19	16

5K FEMALE

14 FEMALE Runners --- Average Time of

35:31

Avg. Age Grade: 53.6%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Trinity Sullivan	Coppell	(21)	13:21	-13	26:29.22	M	8:31.5	55.9%	14	1
MASTERS	1 Kuay Sullivan	Coppell	(55)	13:22	-14	26:29.90	M	8:31.7	68.1%	15	2
SENIORS	1 Yanira Lopez	Farmers Branch	(57)	15:25	+18	31:06.72	M	10:00.8	59.6%	21	4
F15-19	1 Linda Hannah Rhoads		(16)	17:51	+137	37:59.02	✓	12:13.5	40.3%	31	10
	2 Ava Kosoy	Plano	(18)	19:22	+98	40:22.20		12:59.6	37.1%	32	11
F40-44	1 Teresa Tran	Irving	(44)	24:41	-132	47:08.91	✓	15:10.5	33.6%	36	14
F45-49	1 Amie Goins	Garland	(49)	16:26	+22	33:13.13		10:41.5	50.3%	25	6
	2 Mireya Salas	Carrollton	(45)	17:38	-30	34:45.29		11:11.2	46.0%	28	8
	3 Rikki Creech		(49)	22:49	-13	45:24.33		14:36.9	36.8%	35	13
F50-54	1 Debbie Riedner	Dallas	(51)	13:40	+0	27:20.45		8:48.0	62.7%	18	3
F65-69	1 Jerri Hixson	Plano	(66)	16:56	-4	33:48.75		10:53.0	62.5%	27	7
	2 Carol Creech	Aubrey	(69)	22:48	-12	45:23.75		14:36.7	48.8%	34	12
F70-74	1 Kumiko McCoy	Eules	(71)	15:41	+19	31:41.28		10:12.0	72.3%	23	5
F80-99	1 Mary Kaplan	Sunrise Beach	(81)	18:16	-30	36:01.39		11:35.7	76.9%	30	9

1M MALE

11 MALE Runners --- Average Time of

7:25

Avg. Age Grade: 62.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Shirk	Mile Race Group	(25)			4:43.95	✓	4:44.0	78.4%	1	1
M20-24	1 Chris Shirk		(23)			4:57.88	✓	4:57.9	74.7%	2	2
	2 Ben Reed		(24)			5:11.40		5:11.4	71.5%	4	4
M25-29	1 Cole Atchinson	Mile Race Group	(25)			5:05.61		5:05.6	72.8%	3	3
M50-54	1 Marcus O'con	Dallas	(50)			8:46.27		8:46.3	48.4%	11	8
M55-59	1 John Cosentino	Plano	(58)			6:25.79	✓	6:25.8	70.5%	6	5
	2 Steve Russo	Plano	(57)			7:31.48		7:31.5	59.7%	7	6
	3 John Kramer	Plano	(58)			12:40.00		12:40.0	35.8%	15	11
M60-64	1 Victor Eifenbein	Dallas	(62)			9:33.85		9:33.9	49.1%	14	10
M65-69	1 Julio Lopez	Farmers Branch	(65)			7:38.05		7:38.1	63.2%	8	7
M80-99	1 Wally Capps	Farmers Branch	(80)			8:56.32	☐	8:56.3	67.6%	12	9

1M FEMALE

4 FEMALE Runners --- Average Time of

8:06

Avg. Age Grade: 60.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Lasean Davis		(21)			5:28.17	☐	5:28.2	76.7%	5	1
F20-24	1 Trinity Sullivan	Coppell	(21)			8:43.21		8:43.2	48.1%	10	3
F55-59	1 Kuay Sullivan	Coppell	(55)			8:42.68		8:42.7	61.1%	9	2
	2 Yanira Lopez	Farmers Branch	(57)			9:28.98		9:29.0	57.7%	13	4

FN*: ☐ Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

11/29/2020

M 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	129 John Shirk (M25)	1	M25-29	OA	---				4:43.95	✓ 5	4:44.0	16.14	4:43.95	78.4%
2	6004 Chris Shirk (M23)	2	M20-24	1st	---				4:57.88	✓ 2	4:57.9	16.93	4:57.88	74.7%
3	101 Cole Atchinson (M25)	3	M25-29	1st	---				5:05.61		5:05.6	17.39	5:05.61	72.8%
4	6002 Ben Reed (M24)	4	M20-24	2nd	---				5:11.40		5:11.4	17.73	5:11.40	71.5%
5	6006 Lasean Davis (F21)	1	F20-24	OA	---				5:28.17	☐ 5	5:28.2	18.70	5:28.17	76.7%
6	7255 John Cosentino (M58)	5	M55-59	1st	---				6:25.79	✓ 1	6:25.8	21.95	6:25.79	70.5%
7	7405 Steve Russo (M57)	6	M55-59	2nd	---				7:31.48		7:31.5	25.72	7:31.48	59.7%
8	7193 Julio Lopez (M65)	7	M65-69	1st	---				7:38.05		7:38.1	26.11	7:38.05	63.2%
9	7265 Kuay Sullivan (F55)	2	F55-59	1st	---				8:42.68		8:42.7	29.76	8:42.68	61.1%
10	7099 Trinity Sullivan (F21)	3	F20-24	1st	---				8:43.21		8:43.2	29.82	8:43.21	48.1%
11	7270 Marcus O'con (M50)	8	M50-54	1st	---				8:46.27		8:46.3	29.99	8:46.27	48.4%
12	7916 Wally Capps (M80)	9	M80-99	1st	---				8:56.32	☐	8:56.3	30.56	8:56.32	67.6%
13	7198 Yanira Lopez (F57)	4	F55-59	2nd	---				9:28.98		9:29.0	32.39	9:28.98	57.7%
14	7113 Victor Elfenbein (M62)	10	M60-64	1st	---				9:33.85		9:33.9	32.67	9:33.85	49.1%
15	7261 John Kramer (M58)	11	M55-59	3rd	---				12:40.00		12:40.0	43.33	12:40.00	35.8%

✓ 3 Club PR's

Average Finish Time: 07:35 *1 First Timers*

Average Age Grade: 62.3%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7011 Blair Casey (M34)	1	M30-34	OA	---	8:14	7:52	-22	16:06.37	☑ 31	5:11.0	16.10	16:06.37	81.4%
2	6005 Carson Vickroy (M24)	2	M20-24	1st	---	8:14	8:12	-2	16:25.89	✓ 2	5:17.3	16.42	16:25.89	78.5%
3	129 John Shirk (M25)	3	M25-29	1st	---	8:14	8:47	+33	17:01.33	ℓ	5:28.7	17.02	17:01.33	75.8%
4	6864 Ephraim Weiss (M16)	4	M15-19	1st	0.8	10:15	10:39	+24	20:54.21	✓ 1	6:43.7	20.90	20:55.05	65.5%
5	7270 Marcus O'con (M50)	5	M50-54	MS	2.4	10:46	10:37	-9	21:22.65	ℓ	6:52.8	21.37	21:25.05	69.0%
6	7159 Robert Landon (M61)	6	M60-64	SR	4.8	10:42	11:06	+24	21:48.08		7:01.0	21.80	21:52.93	74.2%
7	6904 Craig Ostrovich (M26)	7	M25-29	2nd	4.3	10:56	11:03	+7	21:58.37	✓ 5	7:04.3	21.97	22:02.67	58.7%
8	7255 John Cosentino (M58)	8	M55-59	1st	3.3	11:39	11:30	-9	23:08.53	ℓ	7:26.9	23.13	23:11.84	68.1%
9	7012 Doug Waters (M56)	9	M55-59	2nd	5.7	11:45	11:57	+12	23:42.38		7:37.8	23.70	23:48.07	65.4%
10	7405 Steve Russo (M57)	10	M55-59	3rd	10.1	12:12	12:14	+2	24:26.03	ℓ	7:51.9	24.43	24:36.12	64.0%
11	6761 Eli Levine (M16)	11	M15-19	2nd	---	12:18	12:24	+6	24:42.11		7:57.0	24.70	24:42.11	55.4%
12	7488 Ryan Boyd (M32)	12	M30-34	1st	9.2	12:17	13:24	+67	25:41.02		8:16.0	25.68	25:50.18	50.6%
13	7193 Julio Lopez (M65)	13	M65-69	1st	0.9	12:46	13:25	+39	26:10.73	ℓ	8:25.6	26.17	26:11.66	64.1%
14	7099 Trinity Sullivan (F21)	1	F20-24	OA	7.9	13:21	13:08	-13	26:29.22	ℓ	8:31.5	26.48	26:37.13	55.9%
15	7265 Kuay Sullivan (F55)	2	F55-59	MS	7.4	13:22	13:08	-14	26:29.90	ℓ	8:31.7	26.48	26:37.26	68.1%
16	6867 Max Schultz (M16)	14	M15-19	3rd	7.6	13:08	13:38	+29	26:45.97	✓ 2	8:36.9	26.75	26:53.57	51.2%
17	6948 Benjamin Schussler (M16)	15	M15-19	4th	9.9	13:03	14:14	+71	27:17.54		8:47.1	27.28	27:27.43	50.2%
18	6817 Debbie Riedner (F51)	3	F50-54	1st	11.8	13:40	13:40	+0	27:20.45		8:48.0	27.33	27:32.23	62.7%
19	7916 Wally Capps (M80)	16	M80-99	1st	11.3	13:53	14:37	+44	28:29.15	ℓ	9:10.1	28.48	28:40.48	73.8%
20	7283 Ruben Reyes (M64)	17	M60-64	1st	6.4	14:36	15:20	+44	29:55.44		9:37.9	29.92	30:01.80	55.5%
21	7198 Yanira Lopez (F57)	4	F55-59	SR	14.5	15:25	15:42	+18	31:06.72	ℓ	10:00.8	31.10	31:21.19	59.6%
22	7113 Victor Elfenbein (M62)	18	M60-64	2nd	12.2	15:19	16:05	+46	31:23.46	ℓ	10:06.2	31.38	31:35.67	52.0%
23	7449 Kumiko McCoy (F71)	5	F70-74	1st	6.6	15:41	16:00	+19	31:41.28		10:12.0	31.68	31:47.89	72.3%
24	7050 Chris Goins (M50)	19	M50-54	1st	43.9	16:14	16:21	+7	32:34.69		10:29.2	32.57	33:18.61	45.3%
25	7044 Amie Goins (F49)	6	F45-49	1st	45.2	16:26	16:47	+22	33:13.13		10:41.5	33.22	33:58.30	50.3%
26	7258 Steven Johnson (M62)	20	M60-64	3rd	36.9	16:12	17:11	+58	33:22.61	✓ 21	10:44.6	33.37	33:59.52	48.9%
27	6621 Jerri Hixson (F66)	7	F65-69	1st	12.8	16:56	16:53	-4	33:48.75		10:53.0	33.80	34:01.51	62.5%
28	7445 Mireya Salas (F45)	8	F45-49	2nd	9.2	17:38	17:07	-30	34:45.29		11:11.2	34.75	34:54.46	46.0%
29	6648 Timothy Eaton (M64)	21	M60-64	4th	14.1	17:14	17:41	+28	34:55.19		11:14.4	34.92	35:09.33	47.6%
30	7039 Mary Kaplan (F81)	9	F80-99	1st	1.2	18:16	17:46	-30	36:01.39		11:35.7	36.02	36:02.62	76.9%
31	6008 Linda Hannah Rhoads (F16)	10	F15-19	1st	8.0	17:51	20:08	+137	37:59.02	✓ 1	12:13.5	37.98	38:07.04	40.3%
32	7116 Ava Kosoy (F18)	11	F15-19	2nd	8.7	19:22	21:00	+98	40:22.20		12:59.6	40.37	40:30.87	37.1%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

11/29/2020

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

△ Negative Split

 DeltaViewTiming.com

33	6854	Chris Wong (M51)	22	M50-54	2nd	31.9	24:33	19:54	-279	44:27.36	14:18.5	44.45	44:59.28	33.4%					
34	7024	Carol Creech (F69)	12	F65-69	2nd	4.0	22:48	22:36	-12	45:23.75	14:36.7	45.38	45:27.71	48.8%					
35	6714	Rikki Creech (F49)	13	F45-49	3rd	4.3	22:49	22:36	-13	45:24.33	14:36.9	45.40	45:28.62	36.8%					
36	6855	Teresa Tran (F44)	14	F40-44	1st	24.4	24:41	22:28	-132	47:08.91	✓ 1	15:10.5	47.13	47:33.29	33.6%				
37	7261	John Kramer (M58)	23	M55-59	5th	284.6	23:59	23:40	-19	47:39.57	♫	15:20.4	47.65	52:24.15	33.1%				
38	6993	Ruben Saguil (M55)	24	M55-59	4th	3781.6	12:36	12:55	+18	25:31.07		8:12.8	25.521	28:32.67	60.2%				
24 Positive Split							14 Negative Split							✓ 8 Club PR's		Average Finish Time: 30:04		Average Age Grade: 57.2%	

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M25	4:43.95	78.4%	New
2	5	Lasean Davis	F21	5:28.17	76.7%	New
3	2	Chris Shirk	M23	4:57.88	74.7%	Move UP
4	3	Cole Atchinson	M25	5:05.61	72.8%	
5	4	Ben Reed	M24	5:11.40	71.5%	
6	6	John Cosentino	M58	6:25.79	70.5%	New
7	12	Wally Capps	M80	8:56.32	67.6%	
8	8	Julio Lopez	M65	7:38.05	63.2%	
9	9	Kuay Sullivan	F55	8:42.68	61.1%	
10	7	Steve Russo	M57	7:31.48	59.7%	
11	13	Yanira Lopez	F57	9:28.98	57.7%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Blair Casey	M34	16:06.37	81.4%	Move UP
2	2	Carson Vickroy	M24	16:25.89	78.5%	Move UP
3	30	Mary Kaplan	F81	36:01.39	76.9%	
4	3	John Shirk	M25	17:01.33	75.8%	
5	6	Robert Landon	M61	21:48.08	74.2%	
6	19	Wally Capps	M80	28:29.15	73.8%	
7	23	Kumiko McCoy	F71	31:41.28	72.3%	
8	5	Marcus O'con	M50	21:22.65	69.0%	
9	8	John Cosentino	M58	23:08.53	68.1%	
10	15	Kuay Sullivan	F55	26:29.90	68.1%	
11	4	Ephraim Weiss	M16	20:54.21	65.5%	New
12	9	Doug Waters	M56	23:42.38	65.4%	
13	13	Julio Lopez	M65	26:10.73	64.1%	
14	10	Steve Russo	M57	24:26.03	64.0%	
15	18	Debbie Riedner	F51	27:20.45	62.7%	
16	27	Jerri Hixson	F66	33:48.75	62.5%	
17	38	Ruben Saguil	M55	25:31.07	60.2%	
18	21	Yanira Lopez	F57	31:06.72	59.6%	
19	7	Craig Ostrovich	M26	21:58.37	58.7%	
20	14	Trinity Sullivan	F21	26:29.22	55.9%	
21	20	Ruben Reyes	M64	29:55.44	55.5%	
22	11	Eli Levine	M16	24:42.11	55.4%	
23	22	Victor Elfenbein	M62	31:23.46	52.0%	
24	16	Max Schultz	M16	26:45.97	51.2%	
25	12	Ryan Boyd	M32	25:41.02	50.6%	
26	25	Amie Goins	F49	33:13.13	50.3%	
27	17	Benjamin Schussler	M16	27:17.54	50.2%	

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