

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Chris Shirk	5:00.07	John Shirk	16:12.05	Jim Dietz	18:12.76	Robert Landon	20:32.63
Kuay Sullivan	9:19.38	Annie Cazares	27:59.74	Kim Andres	28:52.65	Kuay Sullivan	29:35.13

5K MALE

31 MALE Runners --- Average Time of **28:51**

Avg. Age Grade: **55.9%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Shirk	Mile Race Group	(26)			16:12.05		5:12.9	79.6%	1	1
MASTERS	1 Jim Dietz	Prosper	(61)			18:12.76	☑	5:51.7	88.8%	2	2
SENIORS	1 Robert Landon	Allen	(62)	10:21	-9	20:32.63		6:36.7	79.5%	3	3
M10-14	1 Jordan Williams	Mckinney	(11)	14:12	+306	33:30.95	ℳ	10:47.3	45.6%	26	23
M25-29	1 Roy Cazares	Garland	(29)	13:01	+66	27:08.78		8:44.3	47.6%	15	15
M30-34	1 Blair Casey	Carrollton	(34)	12:01	+18	24:21.23		7:50.3	53.8%	7	7
	2 Ka Lau	Plano	(31)	11:53	+135	26:01.28	✓	8:22.5	49.8%	20	17
M35-39	1 Sushil Gupta	Irving	(37)	14:27	+104	30:38.34	ℳ	9:51.7	43.6%	23	20
M40-44	1 Gabor Toth	Coppell	(40)	12:36	-49	24:23.86	ℳ	7:51.2	55.9%	8	8
	2 Sandeep Kumar	Irving	(42)	16:30	+39	33:38.12	ℳ	10:49.6	41.2%	28	25
M50-54	1 Alex Veguilla	Carrollton	(53)	11:04	+33	22:41.98	✓	7:18.4	66.6%	5	5
	2 Marcus O'con	Dallas	(50)	12:21	-29	24:12.58		7:47.5	60.9%	6	6
	3 Rich Weklar	Bartonville	(50)	13:30	-15	26:45.56	ℳ	8:36.8	55.1%	14	14
	4 Chris Goins	Garland	(51)	14:53	+78	31:04.30		10:00.1	47.9%	24	21
	5 Ryan Pogue	Carrollton	(50)	15:23	+52	31:38.93		10:11.2	46.6%	25	22
	6 Nathan Bruser	Highland Village	(50)	17:06	+21	34:32.03		11:06.9	42.7%	38	28
	7 Chris Wong	Arlington	(51)	20:41	-248	37:13.11		11:58.8	39.9%	34	26
	8 Carlos Ordonez	Carrollton	(51)	20:43	+0	41:26.11		13:20.2	35.9%	40	29
M55-59	1 John Cosentino	Plano	(59)	10:59	+8	22:04.55		7:06.3	72.0%	4	4
	2 Vijayan Nair	Plano	(58)	12:27	+28	25:22.29	ℳ	8:10.0	62.1%	10	10
	3 Rob Preston	Irving	(56)	12:55	-8	25:43.04		8:16.7	60.3%	11	11
	4 Doug Waters	Carrollton	(57)	13:10	-11	26:09.30	ℳ	8:25.1	59.8%	13	13
	5 Ruben Saguil	Carrollton	(56)	12:59	+40	26:38.15		8:34.4	58.2%	43	31
	6 John Kramer	Plano	(59)	25:21	+12	50:54.47	ℳ	16:23.1	31.2%	42	30
M60-64	1 Victor Elfenbein	Dallas	(63)	14:59	+34	30:31.72	ℳ	9:49.6	54.0%	21	18
M65-69	1 Ruben Arevalo	Carrollton	(66)	12:17	+15	24:49.64	ℳ ✓	7:59.5	68.2%	9	9
	2 Julio Lopez	Farmers Branch	(65)	13:07	-12	26:01.81	ℳ	8:22.7	64.4%	12	12
	3 Peter Chan	Coppell	(68)	15:16	+3	30:34.10	ℳ	9:50.3	56.4%	22	19
	4 Ruben Reyes	Carrollton	(65)	16:47	-9	33:24.94	ℳ	10:45.3	50.2%	27	24
	5 Robert Simpson	Coppell	(66)	18:49	+4	37:42.62		12:08.3	44.9%	35	27
M80-99	1 Wally Capps	Farmers Branch	(80)	15:17	-40	29:54.31	ℳ	9:37.5	70.3%	19	16

5K FEMALE

12 FEMALE Runners --- Average Time of

35:17

Avg. Age Grade: 54.6%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Annie Cazares	Garland	(36)	13:29	+62	27:59.74		9:00.7	53.6%	16	1
MASTERS	1 Kim Andres	Irving	(68)	14:02	+48	28:52.65		9:17.7	75.5%	17	2
SENIORS	1 Kuay Sullivan	Coppell	(55)	14:53	-11	29:35.13	⌚	9:31.4	61.0%	18	3
F10-14	1 Blake Bruser	Highland Village	(12)	17:06	+19	34:31.37		11:06.7	47.2%	39	11
F45-49	1 Amie Goins	Garland	(49)	16:06	+91	33:42.73		10:51.1	49.6%	29	4
	2 Teresa Tran	Irving	(45)	18:36	+127	39:18.91	✓	12:39.3	40.6%	36	9
F50-54	1 Kim Tsutsui	Frisco	(53)	16:42	+59	34:22.03		11:03.7	51.1%	32	7
	2 Sheila Holen	Lewisville	(50)	25:46	+21	51:52.46		16:41.8	32.6%	41	12
F55-59	1 Yanira Lopez	Farmers Branch	(58)	17:09	-15	34:03.13	⌚	10:57.6	55.2%	31	6
F60-64	1 Betsy Palmer	Carrollton	(60)	17:16	+18	34:50.57		11:12.9	55.5%	33	8
F65-69	1 Jerri Hixson	Plano	(67)	17:01	+4	34:06.60	✓	10:58.7	62.9%	30	5
F80-99	1 Mary Kaplan	Sunrise Beach	(82)	20:45	-82	40:07.73		12:55.0	70.9%	37	10

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

8/29/2021

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

▲ Negative Split



DeltaViewTiming.com

1M MALE

		19 MALE Runners --- Average Time of 9:09					Avg. Age Grade: 52.5%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Chris Shirk	Mile Race Group	(24)		5:00.07		5:00.1	74.2%	1	1
M10-14	1	Jordan Williams	Mckinney	(11)		6:51.92		6:51.9	64.1%	3	3
	2	Mike Mathenge	Princeton	(12)		15:21.45		15:21.5	27.8%	22	19
M35-39	1	Sushil Gupta	Irving	(37)		8:01.59		8:01.6	47.8%	8	8
M40-44	1	Gabor Toth	Coppell	(40)		7:05.11		7:05.1	55.4%	4	4
	2	Sandeep Kumar	Irving	(42)		9:23.44		9:23.4	42.4%	12	11
M50-54	1	Rich Weklar	Bartonville	(50)		6:46.74		6:46.7	62.6%	2	2
M55-59	1	Vijayan Nair	Plano	(58)		7:12.86		7:12.9	62.8%	5	5
	2	Doug Waters	Carrollton	(57)		8:22.31		8:22.3	53.7%	9	9
	3	Aloysius Mathenge	Dallas	(57)		9:50.15		9:50.2	45.7%	17	15
	4	M Maimonides	Kansas City, Mo	(58)		10:09.22		10:09.2	44.6%	18	16
	5	John Kramer	Plano	(59)		12:31.84		12:31.8	36.5%	20	17
M60-64	1	Victor Efenbein	Dallas	(63)		8:46.72		8:46.7	54.0%	10	10
	2	David Short	Frisco	(60)		14:44.00		14:44.0	31.3%	21	18
M65-69	1	Ruben Arevalo	Carrollton	(66)		7:23.18		7:23.2	65.9%	6	6
	2	Julio Lopez	Farmers Branch	(65)		7:46.26		7:46.3	62.1%	7	7
	3	Peter Chan	Coppell	(68)		9:23.99		9:24.0	52.8%	13	12
	4	Ruben Reyes	Carrollton	(65)		9:35.79		9:35.8	50.3%	15	14
M80-99	1	Wally Capps	Farmers Branch	(80)		9:30.19		9:30.2	63.6%	14	13

1M FEMALE

		5 FEMALE Runners --- Average Time of 13:49					Avg. Age Grade: 40.6%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kuay Sullivan	Coppell	(55)		9:19.38		9:19.4	57.1%	11	1
F10-14	1	Cristi Wahome	Princeton	(12)		18:41.21		18:41.2	24.7%	23	4
F15-19	1	Lisa Wahome	Princeton	(15)		11:21.78		11:21.8	38.6%	19	3
F50-54	1	Paricia Makasa	Princeton	(51)		19:57.70		19:57.7	25.3%	24	5
F55-59	1	Yanira Lopez	Farmers Branch	(58)		9:42.49		9:42.5	57.1%	16	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	130 Chris Shirk (M24)	1	M20-24	OA	---				5:00.07		5:00.1	17.11	5:00.07	74.2%
2	7222 Rich Weklar (M50)	2	M50-54	1st	---				6:46.74		6:46.7	23.15	6:46.74	62.6%
3	7023 Jordan Williams (M11)	3	M10-14	1st	---				6:51.92		6:51.9	23.43	6:51.92	64.1%
4	6995 Gabor Toth (M40)	4	M40-44	1st	---				7:05.11		7:05.1	24.23	7:05.11	55.4%
5	7117 Vijayan Nair (M58)	5	M55-59	1st	---				7:12.86		7:12.9	24.63	7:12.86	62.8%
6	7155 Ruben Arevalo (M66)	6	M65-69	1st	---				7:23.18		7:23.2	25.26	7:23.18	65.9%
7	7193 Julio Lopez (M65)	7	M65-69	2nd	---				7:46.26		7:46.3	26.57	7:46.26	62.1%
8	6695 Sushil Gupta (M37)	8	M35-39	1st	---				8:01.59	×	8:01.6	27.43	8:01.59	47.8%
9	7012 Doug Waters (M57)	9	M55-59	2nd	---				8:22.31		8:22.3	28.62	8:22.31	53.7%
10	7113 Victor Elfenbein (M63)	10	M60-64	1st	---				8:46.72		8:46.7	29.99	8:46.72	54.0%
11	7265 Kuay Sullivan (F55)	1	F55-59	OA	---				9:19.38		9:19.4	31.87	9:19.38	57.1%
12	6670 Sandeep Kumar (M42)	11	M40-44	2nd	---				9:23.44	×	9:23.4	32.10	9:23.44	42.4%
13	7153 Peter Chan (M68)	12	M65-69	3rd	---				9:23.99		9:24.0	32.10	9:23.99	52.8%
14	7916 Wally Capps (M80)	13	M80-99	1st	---				9:30.19		9:30.2	32.50	9:30.19	63.6%
15	7283 Ruben Reyes (M65)	14	M65-69	4th	---				9:35.79		9:35.8	32.79	9:35.79	50.3%
16	7198 Yanira Lopez (F58)	2	F55-59	1st	---				9:42.49		9:42.5	33.18	9:42.49	57.1%
17	6994 Aloysius Mathenge (M57)	15	M55-59	3rd	---				9:50.15	×	9:50.2	33.64	9:50.15	45.7%
18	7013 M Maimonides (M58)	16	M55-59	4th	---				10:09.22		10:09.2	34.72	10:09.22	44.6%
19	6002 Lisa Wahome (F15)	3	F15-19	1st	---				11:21.78	×	11:21.8	38.83	11:21.78	38.6%
20	7261 John Kramer (M59)	17	M55-59	5th	---				12:31.84		12:31.8	42.82	12:31.84	36.5%
21	7061 David Short (M60)	18	M60-64	2nd	---				14:44.00		14:44.0	50.40	14:44.00	31.3%
22	6004 Mike Mathenge (M12)	19	M10-14	2nd	---				15:21.45	×	15:21.5	52.51	15:21.45	27.8%
23	6003 Cristi Wahome (F12)	4	F10-14	1st	---				18:41.21	×	18:41.2	63.92	18:41.21	24.7%
24	6001 Paricia Makasa (F51)	5	F50-54	1st	---				19:57.70	×	19:57.7	68.25	19:57.70	25.3%

✓ No Club PR's

Average Finish Time: 10:07 7 First Timers

Average Age Grade: 50.0%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M26)	1	M25-29	OA	---				16:12.05		5:12.9	16.20	16:12.05	79.6%
2	7045 Jim Dietz (M61)	2	M60-64	MS	0.1				18:12.76	☑ 2	5:51.7	18.20	18:12.83	88.8%
3	7159 Robert Landon (M62)	3	M60-64	SR	4.3	10:21	10:12	-9	20:32.63		6:36.7	20.53	20:36.90	79.5%
4	7255 John Cosentino (M59)	4	M55-59	1st	3.5	10:59	11:06	+8	22:04.55		7:06.3	22.07	22:08.04	72.0%
5	7052 Alex Veguilla (M53)	5	M50-54	1st	3.6	11:04	11:38	+33	22:41.98	✓ 1	7:18.4	22.68	22:45.58	66.6%
6	7270 Marcus O'con (M50)	6	M50-54	2nd	7.2	12:21	11:52	-29	24:12.58		7:47.5	24.20	24:19.77	60.9%
7	7011 Blair Casey (M34)	7	M30-34	1st	3.5	12:01	12:20	+18	24:21.23		7:50.3	24.35	24:24.76	53.8%
8	6995 Gabor Toth (M40)	8	M40-44	1st	5.5	12:36	11:47	-49	24:23.86	ℓ	7:51.2	24.38	24:29.40	55.9%
9	7155 Ruben Arevalo (M66)	9	M65-69	1st	0.5	12:17	12:32	+15	24:49.64	ℓ ✓ 42	7:59.5	24.82	24:50.16	68.2%
10	7117 Vijayan Nair (M58)	10	M55-59	2nd	---	12:27	12:55	+28	25:22.29	ℓ	8:10.0	25.37	25:22.28	62.1%
11	7192 Rob Preston (M56)	11	M55-59	3rd	12.6	12:55	12:48	-8	25:43.04		8:16.7	25.72	25:55.68	60.3%
12	7193 Julio Lopez (M65)	12	M65-69	2nd	1.9	13:07	12:55	-12	26:01.81	ℓ	8:22.7	26.02	26:03.71	64.4%
13	7012 Doug Waters (M57)	13	M55-59	4th	9.8	13:10	12:59	-11	26:09.30	ℓ	8:25.1	26.15	26:19.07	59.8%
14	7222 Rich Weklar (M50)	14	M50-54	3rd	13.6	13:30	13:15	-15	26:45.56	ℓ	8:36.8	26.75	26:59.16	55.1%
15	6006 Roy Cazares (M29)	15	M25-29	1st	13.6	13:01	14:07	+66	27:08.78	×	8:44.3	27.13	27:22.37	47.6%
16	6005 Annie Cazares (F36)	1	F35-39	OA	13.0	13:29	14:31	+62	27:59.74	×	9:00.7	27.98	28:12.75	53.6%
17	7040 Kim Andres (F68)	2	F65-69	MS	1.6	14:02	14:50	+48	28:52.65		9:17.7	28.87	28:54.28	75.5%
18	7265 Kuay Sullivan (F55)	3	F55-59	SR	10.1	14:53	14:42	-11	29:35.13	ℓ	9:31.4	29.58	29:45.19	61.0%
19	7916 Wally Capps (M80)	16	M80-99	1st	6.6	15:17	14:37	-40	29:54.31	ℓ	9:37.5	29.90	30:00.92	70.3%
20	6008 Ka Lau (M31)	17	M30-34	2nd	252.9	11:53	14:08	+135	26:01.28	✓ 1	8:22.5	26.02	30:14.13	49.8%
21	7113 Victor Elfenbein (M63)	18	M60-64	1st	5.2	14:59	15:33	+34	30:31.72	ℓ	9:49.6	30.52	30:36.93	54.0%
22	7153 Peter Chan (M68)	19	M65-69	3rd	4.5	15:16	15:19	+3	30:34.10	ℓ	9:50.3	30.57	30:38.57	56.4%
23	6695 Sushil Gupta (M37)	20	M35-39	1st	4.8	14:27	16:11	+104	30:38.34	ℓ	9:51.7	30.63	30:43.11	43.6%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

8/29/2021

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

△ Negative Split

 DeltaViewTiming.com

24	7050	Chris Goins (M51)	21	M50-54	4th	16.7	14:53	16:11	+78	31:04.30		10:00.1	31.07	31:20.99	47.9%
25	7345	Ryan Pogue (M50)	22	M50-54	5th	52.6	15:23	16:16	+52	31:38.93		10:11.2	31.63	32:31.55	46.6%
26	7023	Jordan Williams (M11)	23	M10-14	1st	2.6	14:12	19:19	+306	33:30.95	⌚	10:47.3	33.50	33:33.59	45.6%
27	7283	Ruben Reyes (M65)	24	M65-69	4th	8.9	16:47	16:38	-9	33:24.94	⌚	10:45.3	33.40	33:33.88	50.2%
28	6670	Sandeep Kumar (M42)	25	M40-44	2nd	5.4	16:30	17:09	+39	33:38.12	⌚	10:49.6	33.63	33:43.51	41.2%
29	7044	Amie Goins (F49)	4	F45-49	1st	17.9	16:06	17:37	+91	33:42.73		10:51.1	33.70	34:00.65	49.6%
30	7124	Jerri Hixson (F67)	5	F65-69	1st	7.9	17:01	17:06	+4	34:06.60	✓	15 10:58.7	34.10	34:14.50	62.9%
31	7198	Yanira Lopez (F58)	6	F55-59	1st	13.9	17:09	16:54	-15	34:03.13	⌚	10:57.6	34.05	34:16.99	55.2%
32	6682	Kim Tsutsui (F53)	7	F50-54	1st	8.4	16:42	17:40	+59	34:22.03		11:03.7	34.37	34:30.42	51.1%
33	7454	Betsy Palmer (F60)	8	F60-64	1st	21.8	17:16	17:34	+18	34:50.57		11:12.9	34.83	35:12.34	55.5%
34	7223	Chris Wong (M51)	26	M50-54	7th	7.5	20:41	16:33	-248	37:13.11		11:58.8	37.22	37:20.60	39.9%
35	7106	Robert Simpson (M66)	27	M65-69	5th	22.9	18:49	18:53	+4	37:42.62		12:08.3	37.70	38:05.49	44.9%
36	7224	Teresa Tran (F45)	9	F45-49	2nd	1.9	18:36	20:43	+127	39:18.91	✓	4 12:39.3	39.30	39:20.77	40.6%
37	7039	Mary Kaplan (F82)	10	F80-99	1st	2.9	20:45	19:23	-82	40:07.73		12:55.0	40.12	40:10.63	70.9%
38	7097	Nathan Bruser (M50)	28	M50-54	6th	420.3	17:06	17:26	+21	34:32.03		11:06.9	34.53	41:32.33	42.7%
39	7096	Blake Bruser (F12)	11	F10-14	1st	421.0	17:06	17:25	+19	34:31.37		11:06.7	34.52	41:32.37	47.2%
40	6007	Carlos Ordonez (M51)	29	M50-54	8th	18.7	20:43	20:43	+0	41:26.11		13:20.2	41.43	41:44.81	35.9%
41	7246	Sheila Holen (F50)	12	F50-54	2nd	17.1	25:46	26:07	+21	51:52.46		16:41.8	51.87	52:09.57	32.6%
42	7261	John Kramer (M59)	30	M55-59	6th	256.9	25:21	25:33	+12	50:54.47	⌚	16:23.1	50.90	55:11.39	31.2%
43	7003	Ruben Saguil (M56)	31	M55-59	5th	4428.7	12:59	13:39	+40	26:38.15		8:34.4	26.631	40:26.85	58.2%
27 Positive Split 14 Negative Split ✓ 6 Club PR's											Average Finish Time: 30:38 <i>4 First Timers</i>		Average Age Grade: 55.6%		

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Chris Shirk	M24	5:00.07	74.2%	
2	6	Ruben Arevalo	M66	7:23.18	65.9%	
3	3	Jordan Williams	M11	6:51.92	64.1%	
4	14	Wally Capps	M80	9:30.19	63.6%	
5	5	Vijayan Nair	M58	7:12.86	62.8%	
6	2	Rich Weklar	M50	6:46.74	62.6%	
7	7	Julio Lopez	M65	7:46.26	62.1%	
8	16	Yanira Lopez	F58	9:42.49	57.1%	
9	11	Kuay Sullivan	F55	9:19.38	57.1%	
10	4	Gabor Toth	M40	7:05.11	55.4%	
11	10	Victor Elfenbein	M63	8:46.72	54.0%	
12	9	Doug Waters	M57	8:22.31	53.7%	
13	13	Peter Chan	M68	9:23.99	52.8%	
14	15	Ruben Reyes	M65	9:35.79	50.3%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Jim Dietz	M61	18:12.76	88.8%	Move UP
2	1	John Shirk	M26	16:12.05	79.6%	
3	3	Robert Landon	M62	20:32.63	79.5%	
4	17	Kim Andres	F68	28:52.65	75.5%	
5	4	John Cosentino	M59	22:04.55	72.0%	
6	37	Mary Kaplan	F82	40:07.73	70.9%	
7	19	Wally Capps	M80	29:54.31	70.3%	
8	9	Ruben Arevalo	M66	24:49.64	68.2%	Move UP
9	5	Alex Veguilla	M53	22:41.98	66.6%	Move UP
10	12	Julio Lopez	M65	26:01.81	64.4%	
11	30	Jerri Hixson	F67	34:06.60	62.9%	
12	10	Vijayan Nair	M58	25:22.29	62.1%	
13	18	Kuay Sullivan	F55	29:35.13	61.0%	
14	6	Marcus O'con	M50	24:12.58	60.9%	
15	11	Rob Preston	M56	25:43.04	60.3%	
16	13	Doug Waters	M57	26:09.30	59.8%	
17	43	Ruben Saguil	M56	26:38.15	58.2%	
18	22	Peter Chan	M68	30:34.10	56.4%	
19	8	Gabor Toth	M40	24:23.86	55.9%	
20	33	Betsy Palmer	F60	34:50.57	55.5%	
21	31	Yanira Lopez	F58	34:03.13	55.2%	
22	14	Rich Weklar	M50	26:45.56	55.1%	
23	21	Victor Elfenbein	M63	30:31.72	54.0%	
24	7	Blair Casey	M34	24:21.23	53.8%	
25	16	Annie Cazares	F36	27:59.74	53.6%	
26	32	Kim Tsutsui	F53	34:22.03	51.1%	
27	27	Ruben Reyes	M65	33:24.94	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