

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	7:01.11	Robert Landon	21:44.39	Marcus O'con	21:53.90	John Cosentino	23:04.39
Kuay Sullivan	8:53.03	Debbie Riedner	27:33.36	Julie Kaner	28:06.87	Kuay Sullivan	28:55.32

5K MALE

		25 MALE Runners --- Average Time of 30:55						Avg. Age Grade: 53.7%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Robert Landon	Allen	(61)	10:47	+10	21:44.39		6:59.8	74.4%	1	1
MASTERS	1 Marcus O'con	Dallas	(50)	10:55	+4	21:53.90	ML	7:02.9	67.3%	3	3
SENIORS	1 John Cosentino	Plano	(58)	11:43	-21	23:04.39		7:25.6	68.3%	4	4
M15-19	1 William Poole	Carrollton	(15)	11:48	+30	24:05.79		7:45.4	57.8%	5	5
M30-34	1 Blair Casey	Carrollton	(34)	11:41	-92	21:49.40		7:01.5	60.1%	2	2
M40-44	1 Robert Flores	Aubrey	(40)	13:41	+74	28:36.39	ML	9:12.5	47.7%	14	12
M50-54	1 David McAdam	Grand Prairie	(53)	14:36	+27	29:38.99		9:32.6	51.0%	18	14
	2 Chris Wong	Irving	(51)	18:27	-137	34:37.17		11:08.6	42.9%	23	18
	3 Chris Goins	Garland	(50)	17:17	+190	37:44.58		12:08.9	39.1%	30	22
	4 Nader Yassa	Plano	(54)	18:27	+58	37:50.61		12:10.8	40.3%	28	21
	5 Michael Rowland	Aubrey	(52)	26:31	+51	53:52.31	✓	17:20.4	27.8%	39	25
M55-59	1 Steve Russo	Plano	(57)	11:50	+5	23:45.52		7:38.8	65.8%	6	6
	2 Doug Waters	Carrollton	(56)	12:02	+11	24:14.88		7:48.3	63.9%	7	7
	3 Les George	Grand Prairie	(55)	13:31	-2	26:59.32		8:41.2	56.9%	9	9
	4 Vijayan Nair	Plano	(58)	13:24	+46	27:34.33	ML	8:52.5	57.2%	11	11
	5 Mikko Taurianen		(55)	16:19	-24	32:14.38		10:22.6	47.7%	20	16
	6 Martin Chavez	Lewisville	(59)	22:00	+142	46:22.31		14:55.5	34.3%	36	24
M60-64	1 Timothy Eaton	Carrollton	(64)	16:37	+46	34:00.57		10:56.8	48.9%	22	17
	2 Ruben Reyes	Carrollton	(64)	17:14	+63	35:30.44		11:25.7	46.8%	24	19
	3 Steven Johnson	Farmers Branch	(62)	17:03	+151	36:37.60		11:47.3	44.6%	27	20
M65-69	1 Ruben Arevalo	Carrollton	(65)	12:14	+74	25:41.45	ML	8:16.1	65.3%	8	8
	2 Julio Lopez	Farmers Branch	(65)	12:56	+91	27:23.91	ML	8:49.1	61.2%	10	10
	3 Peter Chan	Coppell	(67)	14:30	+62	30:02.67	ML	9:40.2	56.9%	19	15
	4 Robert Simpson	Coppell	(65)	19:17	-21	38:13.99		12:18.4	43.9%	31	23
M80-99	1 Wally Capps	Farmers Branch	(80)	14:23	+25	29:11.08	ML	9:23.6	72.0%	17	13

5K FEMALE

15 FEMALE Runners --- Average Time of

38:07

Avg. Age Grade: 50.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Debbie Riedner	Dallas	(51)	13:43	+8	27:33.36		8:52.2	62.2%	12	1
MASTERS	1 Julie Kaner	Addison	(47)	13:57	+12	28:06.87	ℓ	9:03.0	58.0%	13	2
SENIORS	1 Kuay Sullivan	Coppell	(55)	13:51	+74	28:55.32	ℓ	9:18.5	62.4%	16	4
F35-39	1 Tanya Nunn	Plano	(38)	13:40	+76	28:37.12	ℓ	9:12.7	52.9%	15	3
F40-44	1 Teresa Tran	Irving	(44)	18:48	+103	39:19.45	✓	12:39.4	40.2%	33	10
F45-49	1 Mireya Salas	Carrollton	(45)	18:10	+14	36:33.11		11:45.9	43.7%	26	7
	2 Amie Goins	Garland	(49)	17:50	+181	38:41.06		12:27.1	43.2%	32	9
	3 Sheila Holen	Lewisville	(49)	26:29	+51	53:48.11		17:19.0	31.1%	38	14
F50-54	1 Diane Yassa	Plano	(52)	18:26	+58	37:50.32		12:10.7	45.9%	29	8
F55-59	1 Yanira Lopez	Farmers Branch	(58)	15:48	+49	32:24.46	ℓ	10:25.9	58.0%	21	5
F65-69	1 Jerri Hixson	Plano	(67)	17:53	+34	36:19.28		11:41.4	59.1%	25	6
	2 Kim Blake	Hurst	(66)	19:02	+90	39:33.69		12:44.0	53.4%	35	12
	3 Rosemary Lewis	Carrollton	(65)	27:48	+58	56:34.42		18:12.6	36.8%	40	15
F70-74	1 Carol Creech	Aubrey	(70)	23:32	+47	47:50.10		15:23.8	47.1%	37	13
F80-99	1 Mary Kaplan	Sunrise Beach	(81)	19:38	+28	39:42.81		12:47.0	69.7%	34	11

1M MALE

7 MALE Runners --- Average Time of

8:24

Avg. Age Grade: 57.2%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Vijayan Nair	Plano	(58)			7:01.11		7:01.1	64.6%	1	1
M40-44	1 Robert Flores	Aubrey	(40)			9:17.86		9:17.9	42.2%	9	6
M50-54	1 Marcus O'con	Dallas	(50)			8:24.01		8:24.0	50.5%	4	4
M65-69	1 Ruben Arevalo	Carrollton	(65)			7:35.17		7:35.2	63.6%	2	2
	2 Julio Lopez	Farmers Branch	(65)			7:54.40		7:54.4	61.0%	3	3
	3 Peter Chan	Coppell	(67)			9:27.24		9:27.2	52.0%	11	7
M80-99	1 Wally Capps	Farmers Branch	(80)			9:07.54		9:07.5	66.2%	8	5

1M FEMALE

5 FEMALE Runners --- Average Time of

9:16

Avg. Age Grade: 57.1%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(55)			8:53.03		8:53.0	59.9%	5	1
F35-39	1 Tanya Nunn	Plano	(38)			9:17.97		9:18.0	46.8%	10	4
F45-49	1 Julie Kaner	Addison	(47)			9:04.61		9:04.6	52.9%	7	3
F55-59	1 Yanira Lopez	Farmers Branch	(58)			10:02.50		10:02.5	55.2%	12	5
F65-69	1 Kim Andres	Irving	(67)			9:00.36		9:00.4	70.6%	6	2

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

1/31/2021

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 (M58)	1	M55-59	OA	---				7:01.11		7:01.1	24.00	7:01.11	64.6%
2	7155 Ruben Arevalo (M65)	2	M65-69	1st	---				7:35.17		7:35.2	25.94	7:35.17	63.6%
3	7193 Julio Lopez (M65)	3	M65-69	2nd	---				7:54.40		7:54.4	27.03	7:54.40	61.0%
4	7270 Marcus O'con (M50)	4	M50-54	1st	---				8:24.01		8:24.0	28.74	8:24.01	50.5%
5	7265 Kuay Sullivan (F55)	1	F55-59	OA	---				8:53.03		8:53.0	30.39	8:53.03	59.9%
6	7040 Kim Andres (F67)	2	F65-69	1st	---				9:00.36		9:00.4	30.79	9:00.36	70.6%
7	6621 Julie Kaner (F47)	3	F45-49	1st	---				9:04.61	×	9:04.6	31.02	9:04.61	52.9%
8	7916 Wally Capps (M80)	5	M80-99	1st	---				9:07.54		9:07.5	31.19	9:07.54	66.2%
9	7580 Robert Flores (M40)	6	M40-44	1st	---				9:17.86		9:17.9	31.76	9:17.86	42.2%
10	6617 Tanya Nunn (F38)	4	F35-39	1st	---				9:17.97	×	9:18.0	31.76	9:17.97	46.8%
11	7153 Peter Chan (M67)	7	M65-69	3rd	45.0				9:27.24		9:27.2	32.33	10:12.22	52.0%
12	7198 Yanira Lopez (F58)	5	F55-59	1st	45.0				10:02.50		10:02.5	34.33	10:47.48	55.2%

✓ No Club PR's

Average Finish Time: 08:45 2 First Timers

Average Age Grade: 57.1%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD	
1	7159 Robert Landon (M61)	1	M60-64	OA	3.9	10:47	10:57	+10	21:44.39		6:59.8	21.73	21:48.29	74.4%	
2	7011 Blair Casey (M34)	2	M30-34	1st	4.1	11:41	10:09	-92	21:49.40		7:01.5	21.82	21:53.45	60.1%	
3	7270 Marcus O'con (M50)	3	M50-54	MS	2.9	10:55	10:59	+4	21:53.90	ℓ	7:02.9	21.88	21:56.76	67.3%	
4	7255 John Cosentino (M58)	4	M55-59	SR	3.1	11:43	11:22	-21	23:04.39		7:25.6	23.07	23:07.52	68.3%	
5	7205 William Poole (M15)	5	M15-19	1st	0.1	11:48	12:18	+30	24:05.79		7:45.4	24.08	24:05.91	57.8%	
6	7405 Steve Russo (M57)	6	M55-59	1st	22.5	11:50	11:55	+5	23:45.52		7:38.8	23.75	24:08.07	65.8%	
7	7012 Doug Waters (M56)	7	M55-59	2nd	7.2	12:02	12:13	+11	24:14.88		7:48.3	24.23	24:22.11	63.9%	
8	7155 Ruben Arevalo (M65)	8	M65-69	1st	1.1	12:14	13:28	+74	25:41.45	ℓ	8:16.1	25.68	25:42.55	65.3%	
9	7365 Les George (M55)	9	M55-59	3rd	5.1	13:31	13:28	-2	26:59.32		8:41.2	26.98	27:04.39	56.9%	
10	7193 Julio Lopez (M65)	10	M65-69	2nd	1.6	12:56	14:28	+91	27:23.91	ℓ	8:49.1	27.38	27:25.46	61.2%	
11	7117 Vijayan Nair (M58)	11	M55-59	4th	---	13:24	14:10	+46	27:34.33	ℓ	8:52.5	27.57	27:34.33	57.2%	
12	7121 Debbie Riedner (F51)	1	F50-54	OA	9.1	13:43	13:51	+8	27:33.36		8:52.2	27.55	27:42.45	62.2%	
13	6621 Julie Kaner (F47)	2	F45-49	MS	4.5	13:57	14:09	+12	28:06.87	ℓ	×	9:03.0	28:11.37	58.0%	
14	7580 Robert Flores (M40)	12	M40-44	1st	6.6	13:41	14:55	+74	28:36.39	ℓ	9:12.5	28.60	28:42.96	47.7%	
15	6617 Tanya Nunn (F38)	3	F35-39	1st	6.5	13:40	14:57	+76	28:37.12	ℓ	×	9:12.7	28:43.66	52.9%	
16	7265 Kuay Sullivan (F55)	4	F55-59	SR	7.4	13:51	15:05	+74	28:55.32	ℓ	9:18.5	28.92	29:02.70	62.4%	
17	7916 Wally Capps (M80)	13	M80-99	1st	8.1	14:23	14:48	+25	29:11.08	ℓ	9:23.6	29.18	29:19.15	72.0%	
18	7225 David McAdam (M53)	14	M50-54	1st	7.9	14:36	15:03	+27	29:38.99	×	9:32.6	29.63	29:46.87	51.0%	
19	7153 Peter Chan (M67)	15	M65-69	3rd	22.7	14:30	15:32	+62	30:02.67	ℓ	9:40.2	30.03	30:25.37	56.9%	
20	6002 Mikko Taurianen (M55)	16	M55-59	5th	12.7	16:19	15:55	-24	32:14.38	×	10:22.6	32.23	32:27.08	47.7%	
21	7198 Yanira Lopez (F58)	5	F55-59	1st	19.2	15:48	16:37	+49	32:24.46	ℓ	10:25.9	32.40	32:43.67	58.0%	
22	7126 Timothy Eaton (M64)	17	M60-64	1st	18.7	16:37	17:23	+46	34:00.57		10:56.8	34.00	34:19.23	48.9%	
23	7223 Chris Wong (M51)	18	M50-54	2nd	34.0	18:27	16:10	-137	34:37.17		11:08.6	34.62	35:11.18	42.9%	
24	7283 Ruben Reyes (M64)	19	M60-64	2nd	8.2	17:14	18:17	+63	35:30.44		11:25.7	35.50	35:38.65	46.8%	
25	7124 Jerri Hixson (F67)	6	F65-69	1st	9.3	17:53	18:27	+34	36:19.28		11:41.4	36.32	36:28.57	59.1%	
26	7445 Mireya Salas (F45)	7	F45-49	1st	14.3	18:10	18:23	+14	36:33.11		11:45.9	36.55	36:47.38	43.7%	
27	7258 Steven Johnson (M62)	20	M60-64	3rd	24.8	17:03	19:34	+151	36:37.60		11:47.3	36.62	37:02.42	44.6%	
28	6618 Nader Yassa (M54)	21	M50-54	4th	12.4	18:27	19:24	+58	37:50.61	×	12:10.8	37.83	38:03.03	40.3%	
29	6619 Diane Yassa (F52)	8	F50-54	1st	12.9	18:26	19:24	+58	37:50.32	×	12:10.7	37.83	38:03.19	45.9%	
30	7050 Chris Goins (M50)	22	M50-54	3rd	21.6	17:17	20:27	+190	37:44.58		12:08.9	37.73	38:06.21	39.1%	
31	7106 Robert Simpson (M65)	23	M65-69	4th	30.6	19:17	18:57	-21	38:13.99		12:18.4	38.22	38:44.62	43.9%	
32	7044 Amie Goins (F49)	9	F45-49	2nd	20.0	17:50	20:51	+181	38:41.06		12:27.1	38.68	39:01.03	43.2%	
33	7224 Teresa Tran (F44)	10	F40-44	1st	13.9	18:48	20:31	+103	39:19.45	✓	≥	12:39.4	39.32	39:33.31	40.2%
34	7039 Mary Kaplan (F81)	11	F80-99	1st	0.4	19:38	20:05	+28	39:42.81		12:47.0	39.70	39:43.19	69.7%	
35	6843 Kim Blake (F66)	12	F65-69	2nd	11.2	19:02	20:32	+90	39:33.69	×	12:44.0	39.55	39:44.87	53.4%	

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

1/31/2021

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

△ Negative Split

 DeltaViewTiming.com

36	7409	Martin Chavez (M59)	24	M55-59	6th	28.0	22:00	24:22	+142	46:22.31	14:55.5	46.37	46:50.26	34.3%
37	7024	Carol Creech (F70)	13	F70-74	1st	5.2	23:32	24:18	+47	47:50.10	15:23.8	47.83	47:55.29	47.1%
38	7246	Sheila Holen (F49)	14	F45-49	3rd	18.3	26:29	27:20	+51	53:48.11	17:19.0	53.80	54:06.43	31.1%
39	6004	Michael Rowland (M52)	25	M50-54	5th	16.9	26:31	27:22	+51	53:52.31	✓ ≥ 17:20.4	53.87	54:09.23	27.8%
40	7455	Rosemary Lewis (F65)	15	F65-69	3rd	49.8	27:48	28:46	+58	56:34.42	18:12.6	56.57	57:24.23	36.8%
34 Positive Split 6 Negative Split ✓ 2 Club PR's Average Finish Time: 33:37 <u>7 First Timers</u> Average Age Grade: 52.6%														

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	6	Kim Andres	F67	9:00.36	70.6%	
2	8	Wally Capps	M80	9:07.54	66.2%	
3	1	Vijayan Nair	M58	7:01.11	64.6%	
4	2	Ruben Arevalo	M65	7:35.17	63.6%	
5	3	Julio Lopez	M65	7:54.40	61.0%	
6	5	Kuay Sullivan	F55	8:53.03	59.9%	
7	12	Yanira Lopez	F58	10:02.50	55.2%	
8	7	Julie Kaner	F47	9:04.61	52.9%	
9	11	Peter Chan	M67	9:27.24	52.0%	
10	4	Marcus O'con	M50	8:24.01	50.5%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Robert Landon	M61	21:44.39	74.4%	
2	17	Wally Capps	M80	29:11.08	72.0%	
3	34	Mary Kaplan	F81	39:42.81	69.7%	
4	4	John Cosentino	M58	23:04.39	68.3%	
5	3	Marcus O'con	M50	21:53.90	67.3%	
6	6	Steve Russo	M57	23:45.52	65.8%	
7	8	Ruben Arevalo	M65	25:41.45	65.3%	
8	7	Doug Waters	M56	24:14.88	63.9%	
9	16	Kuay Sullivan	F55	28:55.32	62.4%	
10	12	Debbie Riedner	F51	27:33.36	62.2%	
11	10	Julio Lopez	M65	27:23.91	61.2%	
12	2	Blair Casey	M34	21:49.40	60.1%	
13	25	Jerri Hixson	F67	36:19.28	59.1%	
14	13	Julie Kaner	F47	28:06.87	58.0%	
15	21	Yanira Lopez	F58	32:24.46	58.0%	
16	5	William Poole	M15	24:05.79	57.8%	
17	11	Vijayan Nair	M58	27:34.33	57.2%	
18	9	Les George	M55	26:59.32	56.9%	
19	19	Peter Chan	M67	30:02.67	56.9%	
20	35	Kim Blake	F66	39:33.69	53.4%	
21	15	Tanya Nunn	F38	28:37.12	52.9%	
22	18	David McAdam	M53	29:38.99	51.0%	

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