

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
John Shirk	4:46.20	John Shirk	17:16.56	Jim Dietz	18:31.51	Robert Landon	23:44.52
Carolina Orsi	5:56.28	Emma Coles	20:01.53	Sarah Meyer	24:24.64	Kim Andres	28:43.72

5K MALE

		24 MALE Runners --- Average Time of 26:58						Avg. Age Grade: 58.4%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Shirk	Mile Race Group	(26)	8:21	+35	17:16.56	ℓ	5:33.6	74.7%	1	1
MASTERS	1 Jim Dietz	Prosper	(61)	9:16	+0	18:31.51	☑	5:57.8	87.3%	2	2
SENIORS	1 Robert Landon	Allen	(62)	11:40	+24	23:44.52	ℓ	7:38.5	68.8%	10	9
M10-14	1 Charlie Meyer	Coppell	(13)	12:48	+200	28:55.55		9:18.6	50.1%	21	18
M15-19	1 Gavin Gajraj	Lewisville	(18)	12:30	-9	24:50.43		7:59.7	53.7%	16	14
	2 Bryan Nguyen	Lewisville	(18)	12:31	-12	24:51.09		7:59.9	53.7%	15	13
M20-24	1 Junyoung Cho	Sachse	(20)	11:47	-8	23:26.05		7:32.6	55.6%	9	8
M25-29	1 Albert Marban	Farmers Branch	(27)	9:33	-1	19:03.94	ℓ	6:08.2	67.7%	3	3
	2 Cole Atchinson	Mile Race Group	(25)	9:53	+15	20:00.80		6:26.5	64.5%	4	4
M30-34	1 Blair Casey	Carrollton	(34)	11:20	+28	23:06.69		7:26.3	56.7%	8	7
M45-49	1 Burns Thacker	Carrollton	(47)	16:58	+13	34:09.52		10:59.7	42.2%	29	22
M50-54	1 Marcus O'con	Dallas	(50)	10:52	+16	21:59.07	ℓ	7:04.6	67.1%	6	5
	2 Alex Veguilla	Carrollton	(53)	11:08	+47	23:02.45	✓	7:25.0	65.6%	7	6
	3 Kyoungjoon Cho	Sachse	(51)	12:07	+17	24:31.12		7:53.5	60.6%	13	11
	4 Rich Weklar	Bartonville	(50)	12:51	+133	27:54.50	ℓ	8:59.0	52.8%	19	17
	5 Chris Wong	Arlington	(51)	16:28	-30	32:25.53	✓	10:26.2	45.9%	23	20
	6 Chris Goins	Garland	(50)	16:15	+37	33:08.07		10:39.9	44.5%	24	21
	7 Carlos Ordonez		(50)	20:18	+92	42:09.38		13:34.1	35.0%	32	23
M55-59	1 Rob Preston	Irving	(56)	11:52	+4	23:48.62		7:39.8	65.1%	11	10
	2 Doug Waters	Carrollton	(56)	12:15	+9	24:39.56		7:56.2	62.8%	14	12
	3 John Kramer	Plano	(59)	26:44	-69	52:18.41	ℓ	16:50.2	30.4%	34	24
M65-69	1 Ruben Arevalo	Carrollton	(66)	12:39	+49	26:06.03	ℓ	8:24.1	64.9%	17	15
	2 Julio Lopez	Farmers Branch	(65)	13:28	+42	27:38.36	ℓ	8:53.8	60.7%	18	16
M80-99	1 Wally Capps	Farmers Branch	(80)	15:02	-18	29:45.19	ℓ	9:34.6	70.6%	22	19

5K FEMALE

10 FEMALE Runners --- Average Time of **33:26** Avg. Age Grade: **59.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Emma Coles		(24)	9:54	+14	20:01.53	☐	6:26.7	73.9%	5	1
MASTERS	1 Sarah Meyer	Coppell	(44)	11:55	+35	24:24.64	✓	7:51.4	64.8%	12	2
SENIORS	1 Kim Andres	Irving	(68)	13:42	+80	28:43.72		9:14.8	75.9%	20	3
F45-49	1 Amie Goins	Garland	(49)	16:13	+63	33:28.85		10:46.6	49.9%	26	5
F50-54	1 Kim Tsutsui	Frisco	(53)	16:53	+20	34:06.33		10:58.7	51.5%	28	7
	2 Sheila Holen	Lewisville	(50)	25:56	-23	51:27.57		16:33.8	32.9%	33	10
F55-59	1 Yanira Lopez	Farmers Branch	(58)	16:32	+6	33:11.21	ℓ	10:40.9	56.6%	25	4
F60-64	1 Betsy Palmer	Carrollton	(60)	16:57	+30	34:24.60		11:04.5	56.2%	30	8
F65-69	1 Jerri Hixson	Plano	(67)	16:58	+15	34:11.50	✓	11:00.3	62.8%	27	6
F80-99	1 Mary Kaplan	Sunrise Beach	(82)	20:34	-47	40:21.27		12:59.3	70.5%	31	9

1M MALE

14 MALE Runners --- Average Time of **7:31** Avg. Age Grade: **61.8%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 John Shirk	Mile Race Group	(26)			4:46.20		4:46.2	77.8%	1	1
M10-14	1 Enrique Marban	Farmers Branch	(13)			6:36.51		6:36.5	63.1%	7	6
M15-19	1 German Marban	Farmers Branch	(15)			6:35.64		6:35.6	60.7%	6	5
M20-24	1 Chris Shirk	Mile Race Group	(24)			4:53.00		4:53.0	76.0%	2	2
M25-29	1 Albert Marban	Farmers Branch	(27)			5:31.25		5:31.3	67.2%	3	3
M50-54	1 Rich Weklar	Bartonville	(50)			6:40.55		6:40.6	63.5%	8	7
	2 Marcus O'con	Dallas	(50)			8:15.12		8:15.1	51.4%	11	10
M55-59	1 M Maimonides	Kansas City, Mo	(58)			9:40.53		9:40.5	46.9%	15	13
	2 John Kramer	Plano	(59)			12:44.63		12:44.6	35.9%	16	14
M60-64	1 Robert Landon	Allen	(62)			6:11.92		6:11.9	75.7%	5	4
	2 Victor Eifenbein	Dallas	(63)			8:51.00		8:51.0	53.5%	12	11
M65-69	1 Julio Lopez	Farmers Branch	(65)			7:23.63		7:23.6	65.2%	9	8
	2 Ruben Arevalo	Carrollton	(66)			7:39.53		7:39.5	63.6%	10	9
M80-99	1 Wally Capps	Farmers Branch	(80)			9:26.86		9:26.9	64.0%	13	12

1M FEMALE

3 FEMALE Runners --- Average Time of **10:45** Avg. Age Grade: **52.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Carolina Orsi	Highland Village	(26)			5:56.28		5:56.3	70.6%	4	1
F45-49	1 Van Nguyen	Lewisville	(48)			16:39.65		16:39.7	29.2%	17	3
F55-59	1 Yanira Lopez	Farmers Branch	(58)			9:37.66		9:37.7	57.6%	14	2

FN*: ☐ Broke Age-Group Record GD Place among Females
 ℓ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

△ Positive Split
 ▽ Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M26)	1	M25-29	OA	---				4:46.20		4:46.2	16.31	4:46.20	77.8%
2	130 Chris Shirk (M24)	2	M20-24	1st	---				4:53.00		4:53.0	16.71	4:53.00	76.0%
3	7493 Albert Marban (M27)	3	M25-29	1st	---				5:31.25		5:31.3	18.87	5:31.25	67.2%
4	6004 Carolina Orsi (F26)	1	F25-29	OA	---				5:56.28	x	5:56.3	20.30	5:56.28	70.6%
5	7159 Robert Landon (M62)	4	M60-64	1st	---				6:11.92		6:11.9	21.15	6:11.92	75.7%
6	7494 German Marban (M15)	5	M15-19	1st	---				6:35.64		6:35.6	22.52	6:35.64	60.7%
7	7495 Enrique Marban (M13)	6	M10-14	1st	---				6:36.51		6:36.5	22.58	6:36.51	63.1%
8	7222 Rich Weklar (M50)	7	M50-54	1st	---				6:40.55		6:40.6	22.81	6:40.55	63.5%
9	7193 Julio Lopez (M65)	8	M65-69	1st	---				7:23.63		7:23.6	25.26	7:23.63	65.2%
10	6993 Ruben Arevalo (M66)	9	M65-69	2nd	---				7:39.53		7:39.5	26.17	7:39.53	63.6%
11	7270 Marcus O'con (M50)	10	M50-54	2nd	---				8:15.12		8:15.1	28.22	8:15.12	51.4%
12	7113 Victor Eifenbein (M63)	11	M60-64	2nd	---				8:51.00		8:51.0	30.28	8:51.00	53.5%
13	7916 Wally Capps (M80)	12	M80-99	1st	---				9:26.86		9:26.9	32.27	9:26.86	64.0%
14	7198 Yanira Lopez (F58)	2	F55-59	1st	---				9:37.66		9:37.7	32.90	9:37.66	57.6%
15	7013 M Maimonides (M58)	13	M55-59	1st	---				9:40.53		9:40.5	33.07	9:40.53	46.9%
16	7261 John Kramer (M59)	14	M55-59	2nd	---				12:44.63		12:44.6	43.56	12:44.63	35.9%
17	6010 Van Nguyen (F48)	3	F45-49	1st	906.7				16:39.65	x	16:39.7	56.96	31:46.32	29.2%

✓ No Club PR's

Average Finish Time: 08:05 2 First Timers

Average Age Grade: 60.1%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M26)	1	M25-29	OA	---	8:21	8:56	+35	17:16.56	⌚	5:33.6	17.27	17:16.56	74.7%
2	6645 Jim Dietz (M61)	2	M60-64	MS	0.2	9:16	9:16	+0	18:31.51	☑ 1	5:57.8	18.52	18:31.69	87.3%
3	7493 Albert Marban (M27)	3	M25-29	1st	1.4	9:33	9:31	-1	19:03.94	⌚	6:08.2	19.05	19:05.37	67.7%
4	101 Cole Atchinson (M25)	4	M25-29	2nd	---	9:53	10:08	+15	20:00.80		6:26.5	20.00	20:00.80	64.5%
5	6005 Emma Coles (F24)	1	F20-24	OA	---	9:54	10:08	+14	20:01.53	☐ x	6:26.7	20.02	20:01.53	73.9%
6	7270 Marcus O'con (M50)	5	M50-54	1st	2.2	10:52	11:07	+16	21:59.07	⌚	7:04.6	21.98	22:01.30	67.1%
7	7052 Alex Veguilla (M53)	6	M50-54	2nd	0.4	11:08	11:55	+47	23:02.45	✓ 6	7:25.0	23.03	23:02.89	65.6%
8	7011 Blair Casey (M34)	7	M30-34	1st	1.5	11:20	11:47	+28	23:06.69		7:26.3	23.10	23:08.16	56.7%
9	6684 Junyoung Cho (M20)	8	M20-24	1st	4.8	11:47	11:39	-8	23:26.05	x	7:32.6	23.43	23:30.90	55.6%
10	7159 Robert Landon (M62)	9	M60-64	SR	4.8	11:40	12:04	+24	23:44.52	⌚	7:38.5	23.73	23:49.35	68.8%
11	7192 Rob Preston (M56)	10	M55-59	1st	5.9	11:52	11:56	+4	23:48.62		7:39.8	23.80	23:54.48	65.1%
12	7407 Sarah Meyer (F44)	2	F40-44	MS	4.1	11:55	12:30	+35	24:24.64	✓ 6	7:51.4	24.40	24:28.71	64.8%
13	6685 Kyoungjoon Cho (M51)	11	M50-54	3rd	4.2	12:07	12:24	+17	24:31.12	x	7:53.5	24.52	24:35.29	60.6%
14	7012 Doug Waters (M56)	12	M55-59	2nd	6.7	12:15	12:24	+9	24:39.56		7:56.2	24.65	24:46.21	62.8%
15	6683 Bryan Nguyen (M18)	13	M15-19	2nd	6.6	12:31	12:20	-12	24:51.09	x	7:59.9	24.85	24:57.68	53.7%
16	6680 Gavin Gajraj (M18)	14	M15-19	1st	7.3	12:30	12:21	-9	24:50.43	x	7:59.7	24.83	24:57.72	53.7%
17	6993 Ruben Arevalo (M66)	15	M65-69	1st	3.3	12:39	13:27	+49	26:06.03	⌚	8:24.1	26.10	26:09.37	64.9%
18	7193 Julio Lopez (M65)	16	M65-69	2nd	2.6	13:28	14:10	+42	27:38.36	⌚	8:53.8	27.63	27:40.98	60.7%
19	7222 Rich Weklar (M50)	17	M50-54	4th	6.1	12:51	15:04	+133	27:54.50	⌚	8:59.0	27.90	28:00.58	52.8%
20	7040 Kim Andres (F68)	3	F65-69	SR	2.2	13:42	15:02	+80	28:43.72		9:14.8	28.72	28:45.89	75.9%
21	6994 Charlie Meyer (M13)	18	M10-14	1st	0.4	12:48	16:08	+200	28:55.55		9:18.6	28.92	28:55.98	50.1%
22	7916 Wally Capps (M80)	19	M80-99	1st	9.3	15:02	14:43	-18	29:45.19	⌚	9:34.6	29.75	29:54.47	70.6%
23	7223 Chris Wong (M51)	20	M50-54	5th	28.5	16:28	15:58	-30	32:25.53	✓ 8	10:26.2	32.42	32:53.99	45.9%
24	7050 Chris Goins (M50)	21	M50-54	6th	11.6	16:15	16:53	+37	33:08.07		10:39.9	33.13	33:19.66	44.5%
25	7198 Yanira Lopez (F58)	4	F55-59	1st	20.5	16:32	16:39	+6	33:11.21	⌚	10:40.9	33.18	33:31.73	56.6%
26	7044 Amie Goins (F49)	5	F45-49	1st	13.8	16:13	17:16	+63	33:28.85		10:46.6	33.47	33:42.66	49.9%
27	7124 Jerri Hixson (F67)	6	F65-69	1st	6.8	16:58	17:13	+15	34:11.50	✓ 14	11:00.3	34.18	34:18.30	62.8%
28	6682 Kim Tsutsui (F53)	7	F50-54	1st	12.6	16:53	17:13	+20	34:06.33	x	10:58.7	34.10	34:18.92	51.5%
29	7127 Burns Thacker (M47)	22	M45-49	1st	12.8	16:58	17:11	+13	34:09.52		10:59.7	34.15	34:22.31	42.2%
30	7454 Betsy Palmer (F60)	8	F60-64	1st	16.5	16:57	17:27	+30	34:24.60		11:04.5	34.40	34:41.11	56.2%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

7/25/2021

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

△ Negative Split



DeltaViewTiming.com

31	7039	Mary Kaplan (F82)	9	F80-99	1st	0.9	20:34	19:47	-47	40:21.27	12:59.3	40.35	40:22.18	70.5%
32	6006	Carlos Ordonez (M50)	23	M50-54	7th	18.5	20:18	21:51	+92	42:09.38	13:34.1	42.15	42:27.91	35.0%
33	7246	Sheila Holen (F50)	10	F50-54	2nd	20.5	25:56	25:32	-23	51:27.57	16:33.8	51.45	51:48.05	32.9%
34	7261	John Kramer (M59)	24	M55-59	3rd	283.4	26:44	25:35	-69	52:18.41	16:50.2	52.30	57:01.76	30.4%
24 Positive Split 10 Negative Split ✓ 5 Club PR's							Average Finish Time: 28:52 <i>6 First Timers</i>			Average Age Grade: 58.7%				

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M26	4:46.20	77.8%	
2	2	Chris Shirk	M24	4:53.00	76.0%	
3	5	Robert Landon	M62	6:11.92	75.7%	
4	4	Carolina Orsi	F26	5:56.28	70.6%	New
5	3	Albert Marban	M27	5:31.25	67.2%	
6	9	Julio Lopez	M65	7:23.63	65.2%	
7	13	Wally Capps	M80	9:26.86	64.0%	
8	10	Ruben Arevalo	M66	7:39.53	63.6%	
9	8	Rich Weklar	M50	6:40.55	63.5%	
10	7	Enrique Marban	M13	6:36.51	63.1%	
11	6	German Marban	M15	6:35.64	60.7%	
12	14	Yanira Lopez	F58	9:37.66	57.6%	
13	12	Victor Efenbein	M63	8:51.00	53.5%	
14	11	Marcus O'con	M50	8:15.12	51.4%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Jim Dietz	M61	18:31.51	87.3%	Move UP
2	20	Kim Andres	F68	28:43.72	75.9%	
3	1	John Shirk	M26	17:16.56	74.7%	
4	5	Emma Coles	F24	20:01.53	73.9%	New
5	22	Wally Capps	M80	29:45.19	70.6%	
6	31	Mary Kaplan	F82	40:21.27	70.5%	
7	10	Robert Landon	M62	23:44.52	68.8%	
8	3	Albert Marban	M27	19:03.94	67.7%	
9	6	Marcus O'con	M50	21:59.07	67.1%	
10	7	Alex Vequilla	M53	23:02.45	65.6%	New
11	11	Rob Preston	M56	23:48.62	65.1%	
12	17	Ruben Arevalo	M66	26:06.03	64.9%	
13	12	Sarah Meyer	F44	24:24.64	64.8%	
14	4	Cole Atchinson	M25	20:00.80	64.5%	
15	14	Doug Waters	M56	24:39.56	62.8%	
16	27	Jerri Hixson	F67	34:11.50	62.8%	
17	18	Julio Lopez	M65	27:38.36	60.7%	
18	13	Kyoungjoon Cho	M51	24:31.12	60.6%	
19	8	Blair Casey	M34	23:06.69	56.7%	
20	25	Yanira Lopez	F58	33:11.21	56.6%	
21	30	Betsy Palmer	F60	34:24.60	56.2%	
22	9	Junyoung Cho	M20	23:26.05	55.6%	
23	16	Gavin Gajraj	M18	24:50.43	53.7%	
24	15	Bryan Nguyen	M18	24:51.09	53.7%	
25	19	Rich Weklar	M50	27:54.50	52.8%	
26	28	Kim Tsutsui	F53	34:06.33	51.5%	
27	21	Charlie Meyer	M13	28:55.55	50.1%	

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