

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Joe Wales	6:00.00	Isidro Flores	21:03.23	Robert Landon	21:54.50	John Cosentino	22:56.89
Debbie Riedner	8:59.94	Sarah Meyer	24:40.81	Jin Hong	33:07.63	Yanira Lopez	33:38.98

5K MALE

30 MALE Runners --- Average Time of **32:42**

Avg. Age Grade: **50.8%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Isidro Flores		(37)	10:11	+42	21:03.23		6:46.6	63.4%	1	1
MASTERS	1 Robert Landon	Allen	(62)	10:59	-3	21:54.50	ℓ	7:03.1	74.5%	4	4
SENIORS	1 John Cosentino	Plano	(58)	11:21	+15	22:56.89		7:23.2	68.7%	6	6
M01-09	1 Minh Tran	Irving	(8)	33:04	+197	1:09:26.35		22:21.0	24.5%	41	30
M10-14	1 Jordan Williams	Mckinney	(11)	10:52	+12	21:56.61		7:03.8	69.7%	3	3
	2 Rohan Bansal	Frisco	(13)	17:49	+226	39:23.97		12:40.9	36.8%	32	25
M25-29	1 Robert Perez	Terrell	(25)	17:46	+130	37:42.93		12:08.4	34.2%	31	24
M30-34	1 Sabino Arellano		(32)	10:37	+32	21:46.64		7:00.6	59.7%	2	2
	2 Blair Casey	Carrollton	(34)	12:40	-16	25:04.10		8:04.1	52.3%	11	10
	3 Anshul Mittal	Frisco	(32)	20:22	+103	42:27.14		13:39.8	30.6%	36	27
M40-44	1 Parveen Bansal	Frisco	(42)	24:17	+63	49:37.25		15:58.3	27.9%	37	28
M45-49	1 Burns Thacker	Carrollton	(47)	16:30	+82	34:22.16		11:03.7	41.9%	22	18
	2 Roger Real		(48)	18:03	-19	35:47.29	✓	11:31.1	40.6%	28	21
M50-54	1 Marcus O'con	Dallas	(50)	11:14	-10	22:16.95	ℓ	7:10.3	66.2%	5	5
	2 Alex Veguilla	Carrollton	(53)	11:35	+59	24:10.11		7:46.7	62.5%	7	7
	3 Rich Weklar	Bartonville	(50)	12:47	+40	26:14.08	ℓ	8:26.7	56.2%	13	12
	4 Chris Wong	Arlington	(51)	17:52	-59	34:45.32		11:11.2	42.8%	25	19
	5 Chris Goins	Garland	(50)	17:06	+135	36:25.93		11:43.6	40.5%	29	22
	6 Carlos Ordonez		(50)	21:02	-11	41:53.86	ℓ	13:29.1	35.2%	34	26
M55-59	1 Rob Preston	Irving	(56)	12:39	-21	24:56.56		8:01.7	62.1%	9	8
	2 Doug Waters	Carrollton	(56)	12:39	-15	25:02.54		8:03.6	61.9%	10	9
	3 Mikko Taurianen		(56)	17:51	-57	34:44.62		11:11.0	44.6%	26	20
	4 John Kramer	Plano	(59)	25:19	+0	50:38.34	ℓ	16:17.9	31.4%	39	29
M60-64	1 Ronald Hamilton	The Colony	(61)	15:49	-22	31:14.83		10:03.5	51.8%	15	14
	2 Victor Efenbein	Dallas	(63)	14:59	+89	31:26.36	ℓ	10:07.2	52.4%	16	15
M65-69	1 Ruben Arevalo	Carrollton	(66)	12:38	+49	26:04.99	ℓ	8:23.7	64.9%	12	11
	2 Julio Lopez	Farmers Branch	(65)	13:30	+57	27:57.42	ℓ	8:59.9	60.0%	14	13
	3 Peter Chan	Coppell	(68)	15:36	+17	31:29.82	ℓ	10:08.3	54.8%	17	16
	4 Robert Simpson	Coppell	(66)	18:16	+0	36:31.69		11:45.4	46.3%	30	23
M80-99	1 Wally Capps	Farmers Branch	(80)	15:55	+0	31:50.05	ℓ	10:14.8	66.0%	18	17

5K FEMALE

12 FEMALE Runners --- Average Time of **40:29** Avg. Age Grade: **45.7%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Sarah Meyer	Coppell	(44)	12:02	+38	24:40.81		7:56.6	64.1%	8	1
MASTERS	1 Jin Hong	Carrollton	(49)	16:06	+56	33:07.63		10:39.8	50.4%	19	2
SENIORS	1 Yanira Lopez	Farmers Branch	(58)	16:28	+43	33:38.98	ML	10:49.8	55.9%	20	3
F01-09	1 Shreya Bansal	Frisco	(9)	24:18	+63	49:39.18		15:58.9	35.3%	38	10
F30-34	1 Sandhya Laddha	Frisco	(31)	20:26	+95	42:26.84		13:39.8	34.9%	35	9
F40-44	1 Ruchika Mittal	Frisco	(42)	17:47	+265	39:59.81		12:52.4	38.9%	33	8
F45-49	1 Amie Goins	Garland	(49)	16:40	+76	34:34.99		11:07.9	48.3%	23	5
	2 Teresa Tran	Irving	(45)	33:10	+193	1:09:32.38		22:23.0	23.0%	42	12
F50-54	1 Debbie Riedner	Dallas	(51)	17:12	-10	34:15.02	ML	11:01.4	50.0%	21	4
	2 Sheila Holen	Lewisville	(50)	25:52	+109	53:32.85	ML	17:14.1	31.6%	40	11
F60-64	1 Betsy Palmer	Carrollton	(60)	17:10	+20	34:40.85		11:09.8	55.7%	24	6
F65-69	1 Jerri Hixson	Plano	(67)	17:36	+32	35:43.78		11:30.0	60.1%	27	7

1M MALE

14 MALE Runners --- Average Time of **8:32** Avg. Age Grade: **56.8%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Joe Wales		(19)	2:53	+14	6:00.00		6:00.0	63.2%	1	1
M50-54	1 Rich Weklar	Bartonville	(50)	3:20	+5	6:45.08		6:45.1	62.8%	3	3
	2 Nathan Bruser	Highland Village	(50)	4:06	+9	8:20.89		8:20.9	50.8%	7	7
	3 Marcus O'con	Dallas	(50)	4:26	+0	8:51.77		8:51.8	47.9%	9	9
	4 Carlos Ordonez		(50)	5:59	+23	12:20.62		12:20.6	34.4%	16	13
M55-59	1 M Maimonides	Kansas City, Mo	(58)	4:40	+12	9:31.74		9:31.7	47.6%	14	12
	2 John Kramer	Plano	(59)	6:22	+3	12:46.79		12:46.8	35.8%	17	14
M60-64	1 Robert Landon	Allen	(62)	3:00	+1	6:01.19	✓	6:01.2	78.0%	2	2
	2 Victor Elfenbein	Dallas	(63)	4:31	-5	8:57.00		8:57.0	52.9%	10	10
M65-69	1 Julio Lopez	Farmers Branch	(65)	3:35	+3	7:12.99		7:13.0	66.8%	4	4
	2 Tom Menn	Hurst	(67)	3:29	+16	7:13.73		7:13.7	68.0%	5	5
	3 Ruben Arevalo	Carrollton	(66)	3:36	+7	7:18.89		7:18.9	66.6%	6	6
	4 Peter Chan	Coppell	(68)	4:24	-3	8:45.38		8:45.4	56.7%	8	8
M80-99	1 Wally Capps	Farmers Branch	(80)	4:48	-9	9:26.67		9:26.7	64.0%	13	11

1M FEMALE

4 FEMALE Runners --- Average Time of **10:52** Avg. Age Grade: **48.7%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Debbie Riedner	Dallas	(51)	4:33	-6	8:59.94		8:59.9	56.1%	11	1
F10-14	1 Blake Bruser	Highland Village	(12)	4:30	+11	9:11.15		9:11.2	50.2%	12	2
F50-54	1 Sheila Holen	Lewisville	(50)	7:35	+12	15:21.52		15:21.5	32.4%	18	4
F55-59	1 Yanira Lopez	Farmers Branch	(58)	4:53	+9	9:54.75		9:54.8	56.0%	15	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6998 Joe Wales (M19)	1	M15-19	OA	---	2:53	3:07	+14	6:00.00		6:00.0	20.53	6:00.00	63.2%
2	6993 Robert Landon (M62)	2	M60-64	1st	---	3:00	3:01	+1	6:01.19	✓ 2	6:01.2	20.58	6:01.19	78.0%
3	7222 Rich Weklar (M50)	3	M50-54	1st	---	3:20	3:25	+5	6:45.08		6:45.1	23.09	6:45.08	62.8%
4	7193 Julio Lopez (M65)	4	M65-69	1st	---	3:35	3:38	+3	7:12.99		7:13.0	24.63	7:12.99	66.8%
5	7053 Tom Menn (M67)	5	M65-69	2nd	---	3:29	3:45	+16	7:13.73		7:13.7	24.69	7:13.73	68.0%
6	7155 Ruben Arevalo (M66)	6	M65-69	3rd	---	3:36	3:43	+7	7:18.89		7:18.9	24.97	7:18.89	66.6%
7	7097 Nathan Bruser (M50)	7	M50-54	2nd	---	4:06	4:15	+9	8:20.89		8:20.9	28.51	8:20.89	50.8%
8	7153 Peter Chan (M68)	8	M65-69	4th	---	4:24	4:21	-3	8:45.38		8:45.4	29.93	8:45.38	56.7%
9	7270 Marcus O'con (M50)	9	M50-54	3rd	---	4:26	4:26	+0	8:51.77		8:51.8	30.28	8:51.77	47.9%
10	7113 Victor Elfenbein (M63)	10	M60-64	2nd	---	4:31	4:26	-5	8:57.00		8:57.0	30.62	8:57.00	52.9%
11	7121 Debbie Riedner (F51)	1	F50-54	OA	---	4:33	4:27	-6	8:59.94		8:59.9	30.73	8:59.94	56.1%
12	7096 Blake Bruser (F12)	2	F10-14	1st	---	4:30	4:41	+11	9:11.15		9:11.2	31.42	9:11.15	50.2%
13	7916 Wally Capps (M80)	11	M80-99	1st	---	4:48	4:39	-9	9:26.67		9:26.7	32.27	9:26.67	64.0%
14	7013 M Maimonides (M58)	12	M55-59	1st	---	4:40	4:52	+12	9:31.74		9:31.7	32.56	9:31.74	47.6%
15	7198 Yanira Lopez (F58)	3	F55-59	1st	---	4:53	5:02	+9	9:54.75		9:54.8	33.87	9:54.75	56.0%
16	6023 Carlos Ordonez (M50)	13	M50-54	4th	---	5:59	6:22	+23	12:20.62		12:20.6	42.19	12:20.62	34.4%
17	7261 John Kramer (M59)	14	M55-59	2nd	---	6:22	6:25	+3	12:46.79		12:46.8	43.68	12:46.79	35.8%
18	7246 Sheila Holen (F50)	4	F50-54	1st	---	7:35	7:47	+12	15:21.52		15:21.5	52.51	15:21.52	32.4%

13 Positive Split 5 Negative Split ✓ 1 Club PR's Average Finish Time: 09:03 Average Age Grade: 55.0%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6022 Isidro Flores (M37)	1	M35-39	OA	1.1	10:11	10:52	+42	21:03.23		6:46.6	21.05	21:04.36	63.4%
2	6021 Sabino Arellano (M32)	2	M30-34	1st	1.7	10:37	11:09	+32	21:46.64	⌘	7:00.6	21.77	21:48.35	59.7%
3	7023 Jordan Williams (M11)	3	M10-14	1st	1.7	10:52	11:04	+12	21:56.61		7:03.8	21.93	21:58.31	69.7%
4	6993 Robert Landon (M62)	4	M60-64	MS	5.2	10:59	10:56	-3	21:54.50	⌘	7:03.1	21.90	21:59.71	74.5%
5	7270 Marcus O'con (M50)	5	M50-54	1st	0.5	11:14	11:03	-10	22:16.95	⌘	7:10.3	22.27	22:17.43	66.2%
6	7255 John Cosentino (M58)	6	M55-59	SR	0.1	11:21	11:36	+15	22:56.89		7:23.2	22.93	22:56.97	68.7%
7	7052 Alex Veguilla (M53)	7	M50-54	2nd	0.5	11:35	12:35	+59	24:10.11		7:46.7	24.17	24:10.61	62.5%
8	7407 Sarah Meyer (F44)	1	F40-44	OA	3.5	12:02	12:39	+38	24:40.81		7:56.6	24.67	24:44.29	64.1%
9	7192 Rob Preston (M56)	8	M55-59	1st	1.0	12:39	12:18	-21	24:56.56		8:01.7	24.93	24:57.52	62.1%
10	7012 Doug Waters (M56)	9	M55-59	2nd	2.4	12:39	12:24	-15	25:02.54		8:03.6	25.03	25:04.93	61.9%
11	7011 Blair Casey (M34)	10	M30-34	2nd	3.8	12:40	12:24	-16	25:04.10		8:04.1	25.07	25:07.89	52.3%
12	7155 Ruben Arevalo (M66)	11	M65-69	1st	---	12:38	13:27	+49	26:04.99	⌘	8:23.7	26.07	26:05.00	64.9%
13	7222 Rich Weklar (M50)	12	M50-54	3rd	0.1	12:47	13:27	+40	26:14.08	⌘	8:26.7	26.23	26:14.16	56.2%
14	7193 Julio Lopez (M65)	13	M65-69	2nd	0.7	13:30	14:27	+57	27:57.42	⌘	8:59.9	27.95	27:58.09	60.0%
15	7020 Ronald Hamilton (M61)	14	M60-64	1st	8.4	15:49	15:26	-22	31:14.83		10:03.5	31.23	31:23.20	51.8%
16	7113 Victor Elfenbein (M63)	15	M60-64	2nd	9.5	14:59	16:28	+89	31:26.36	⌘	10:07.2	31.43	31:35.81	52.4%
17	7153 Peter Chan (M68)	16	M65-69	3rd	7.8	15:36	15:54	+17	31:29.82	⌘	10:08.3	31.48	31:37.60	54.8%
18	7916 Wally Capps (M80)	17	M80-99	1st	6.1	15:55	15:55	+0	31:50.05	⌘	10:14.8	31.83	31:56.14	66.0%
19	7418 Jin Hong (F49)	2	F45-49	MS	9.4	16:06	17:02	+56	33:07.63	⌘	10:39.8	33.12	33:16.99	50.4%
20	7198 Yanira Lopez (F58)	3	F55-59	SR	2.8	16:28	17:11	+43	33:38.98	⌘	10:49.8	33.63	33:41.73	55.9%
21	7121 Debbie Riedner (F51)	4	F50-54	1st	6.5	17:12	17:03	-10	34:15.02	⌘	11:01.4	34.25	34:21.54	50.0%
22	7127 Burns Thacker (M47)	18	M45-49	1st	8.7	16:30	17:52	+82	34:22.16		11:03.7	34.37	34:30.85	41.9%
23	7044 Amie Goins (F49)	5	F45-49	1st	10.3	16:40	17:55	+76	34:34.99		11:07.9	34.57	34:45.26	48.3%
24	7454 Betsy Palmer (F60)	6	F60-64	1st	13.5	17:10	17:30	+20	34:40.85		11:09.8	34.67	34:54.34	55.7%
25	7223 Chris Wong (M51)	19	M50-54	4th	11.0	17:52	16:53	-59	34:45.32		11:11.2	34.75	34:56.30	42.8%
26	6024 Mikko Taurianen (M56)	20	M55-59	3rd	12.0	17:51	16:54	-57	34:44.62		11:11.0	34.73	34:56.63	44.6%
27	7124 Jerri Hixson (F67)	7	F65-69	1st	3.1	17:36	18:08	+32	35:43.78		11:30.0	35.72	35:46.83	60.1%
28	6027 Roger Real (M48)	21	M45-49	2nd	3.7	18:03	17:44	-19	35:47.29	✓ 1	11:31.1	35.78	35:51.03	40.6%
29	7050 Chris Goins (M50)	22	M50-54	5th	9.4	17:06	19:20	+135	36:25.93		11:43.6	36.42	36:35.30	40.5%

30	7106	Robert Simpson (M66)	23	M65-69	4th	13.2	18:16	18:16	+0	36:31.69	11:45.4	36.52	36:44.92	46.3%
31	6821	Robert Perez (M25)	24	M25-29	1st	1.6	17:46	19:57	+130	37:42.93	⌘ 12:08.4	37.70	37:44.56	34.2%
32	6025	Rohan Bansal (M13)	25	M10-14	2nd	5.0	17:49	21:35	+226	39:23.97	⌘ 12:40.9	39.38	39:28.99	36.8%
33	6663	Ruchika Mittal (F42)	8	F40-44	1st	5.8	17:47	22:13	+265	39:59.81	⌘ 12:52.4	39.98	40:05.62	38.9%
34	6023	Carlos Ordonez (M50)	26	M50-54	6th	3.7	21:02	20:52	-11	41:53.86	⌘ 13:29.1	41.88	41:57.51	35.2%
35	6667	Sandhya Laddha (F31)	9	F30-34	1st	5.0	20:26	22:01	+95	42:26.84	⌘ 13:39.8	42.43	42:31.83	34.9%
36	6665	Anshul Mittal (M32)	27	M30-34	3rd	4.9	20:22	22:05	+103	42:27.14	⌘ 13:39.8	42.45	42:32.01	30.6%
37	6664	Parveen Bansal (M42)	28	M40-44	1st	4.7	24:17	25:20	+63	49:37.25	⌘ 15:58.3	49.62	49:41.95	27.9%
38	6026	Shreya Bansal (F9)	10	F01-09	1st	4.1	24:18	25:21	+63	49:39.18	⌘ 15:58.9	49.65	49:43.24	35.3%
39	7261	John Kramer (M59)	29	M55-59	4th	139.1	25:19	25:19	+0	50:38.34	⌘ 16:17.9	50.63	52:57.40	31.4%
40	7246	Sheila Holen (F50)	11	F50-54	2nd	15.1	25:52	27:41	+109	53:32.85	⌘ 17:14.1	53.53	53:47.94	31.6%
41	6028	Minh Tran (M8)	30	M01-09	1st	114.6	33:04	36:22	+197	1:09:26.35	⌘ 22:21.0	69.431	11:20.91	24.5%
42	7224	Teresa Tran (F45)	12	F45-49	2nd	109.1	33:10	36:22	+193	1:09:32.38	22:23.0	69.531	11:21.44	23.0%
31 Positive Split 11 Negative Split ✓ 1 Club PR's											Average Finish Time: 34:55 <i>10 First Timers</i> Average Age Grade: 49.4%			

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Robert Landon	M62	6:01.19	78.0%	Move UP
2	5	Tom Menn	M67	7:13.73	68.0%	
3	4	Julio Lopez	M65	7:12.99	66.8%	
4	6	Ruben Arevalo	M66	7:18.89	66.6%	
5	13	Wally Capps	M80	9:26.67	64.0%	
6	1	Joe Wales	M19	6:00.00	63.2%	
7	3	Rich Weklar	M50	6:45.08	62.8%	
8	8	Peter Chan	M68	8:45.38	56.7%	
9	11	Debbie Riedner	F51	8:59.94	56.1%	
10	15	Yanira Lopez	F58	9:54.75	56.0%	
11	10	Victor Elfenbein	M63	8:57.00	52.9%	
12	7	Nathan Bruser	M50	8:20.89	50.8%	
13	12	Blake Bruser	F12	9:11.15	50.2%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	Robert Landon	M62	21:54.50	74.5%	
2	3	Jordan Williams	M11	21:56.61	69.7%	
3	6	John Cosentino	M58	22:56.89	68.7%	
4	5	Marcus O'con	M50	22:16.95	66.2%	
5	18	Wally Capps	M80	31:50.05	66.0%	
6	12	Ruben Arevalo	M66	26:04.99	64.9%	
7	8	Sarah Meyer	F44	24:40.81	64.1%	
8	1	Isidro Flores	M37	21:03.23	63.4%	
9	7	Alex Veguilla	M53	24:10.11	62.5%	
10	9	Rob Preston	M56	24:56.56	62.1%	
11	10	Doug Waters	M56	25:02.54	61.9%	
12	27	Jerri Hixson	F67	35:43.78	60.1%	
13	14	Julio Lopez	M65	27:57.42	60.0%	
14	2	Sabino Arellano	M32	21:46.64	59.7%	
15	13	Rich Weklar	M50	26:14.08	56.2%	
16	20	Yanira Lopez	F58	33:38.98	55.9%	
17	24	Betsy Palmer	F60	34:40.85	55.7%	
18	17	Peter Chan	M68	31:29.82	54.8%	
19	16	Victor Elfenbein	M63	31:26.36	52.4%	
20	11	Blair Casey	M34	25:04.10	52.3%	
21	15	Ronald Hamilton	M61	31:14.83	51.8%	
22	19	Jin Hong	F49	33:07.63	50.4%	
23	21	Debbie Riedner	F51	34:15.02	50.0%	

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