

Mile Overall		5K Overall		5K Masters		5K Seniors	
John Shirk	4:37.15	John Shirk	16:08.82	Robert Landon	20:13.81	Steve Russo	22:54.50
Kim Andres	8:48.54	Yanira Lopez	32:21.79	Amie Goins	34:11.16	Jerri Hixson	35:07.85

5K MALE

		22 MALE Runners --- Average Time of 27:04						Avg. Age Grade: 58.6%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Shirk	Mile Race Group	(25)	8:02	+5	16:08.82	<input checked="" type="checkbox"/>	5:11.8	79.9%	1	1
MASTERS	1 Robert Landon	Allen	(61)	10:08	-2	20:13.81	✓	6:30.7	80.0%	4	4
SENIORS	1 Steve Russo	Plano	(57)	11:25	+4	22:54.50		7:22.4	68.2%	7	7
M15-19	1 William Poole	Carrollton	(15)	13:44	+94	29:01.34		9:20.5	48.0%	14	14
M20-24	1 Chris Shirk	Mile Race Group	(24)	9:33	-13	18:53.64	<input checked="" type="checkbox"/>	6:04.9	68.3%	3	3
M25-29	1 Albert Marban	Farmers Branch	(27)	9:33	-14	18:53.03	<input checked="" type="checkbox"/>	6:04.7	68.3%	2	2
M30-34	1 Blair Casey	Carrollton	(34)	11:32	-14	22:50.58		7:21.1	57.4%	6	6
M35-39	1 Jason Egger	Mesquite	(39)	11:30	+10	23:09.65	✓	7:27.3	58.5%	8	8
M45-49	1 Enrique Hernandez	Carrollton	(45)	12:48	-12	25:24.55		8:10.7	55.8%	10	10
	2 Alok Jena	Frisco	(49)	18:24	+195	40:03.52		12:53.6	36.5%	23	20
M50-54	1 Marcus O'con	Dallas	(50)	10:51	-15	21:27.68	<input checked="" type="checkbox"/>	6:54.5	68.7%	5	5
	2 David McAdam	Grand Prairie	(53)	14:47	-13	29:21.44	✓	9:27.0	51.5%	16	16
	3 Chris Goins	Garland	(50)	15:01	+67	31:09.02	✓	10:01.6	47.3%	17	17
M55-59	1 Ruben Saguil	Carrollton	(56)	12:40	+22	25:41.52		8:16.2	60.3%	28	22
	2 Vijayan Nair	Plano	(58)	12:57	-12	25:41.53	<input checked="" type="checkbox"/>	8:16.2	61.4%	11	11
	3 Doug Waters	Carrollton	(56)	13:10	+3	26:22.30		8:29.3	58.8%	13	13
	4 John Kramer	Plano	(59)	25:01	-100	48:22.50	<input checked="" type="checkbox"/>	15:34.2	32.9%	27	21
M60-64	1 Timothy Eaton	Carrollton	(64)	16:23	+18	33:03.67		10:38.5	50.3%	19	18
M65-69	1 Ruben Arevalo	Carrollton	(65)	12:29	+10	25:07.20	<input checked="" type="checkbox"/>	8:05.1	66.8%	9	9
	2 Julio Lopez	Farmers Branch	(65)	12:53	+33	26:17.79	<input checked="" type="checkbox"/>	8:27.8	63.8%	12	12
	3 Robert Simpson	Coppell	(66)	17:35	+67	36:17.85		11:41.0	46.6%	22	19
M70-74	1 Curt Thompson	Coppell	(71)	14:38	-4	29:11.80		9:23.9	61.1%	15	15

5K FEMALE

		6 FEMALE Runners --- Average Time of 39:41						Avg. Age Grade: 48.4%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Yanira Lopez	Farmers Branch	(58)	15:55	+32	32:21.79	<input checked="" type="checkbox"/>	10:25.0	58.1%	18	1
MASTERS	1 Amie Goins	Garland	(49)	16:51	+29	34:11.16		11:00.2	48.9%	20	2
SENIORS	1 Jerri Hixson	Plano	(67)	17:39	-10	35:07.85		11:18.5	61.1%	21	3
F45-49	1 Mireya Salas	Carrollton	(45)	18:42	+162	40:06.13		12:54.5	39.8%	24	4
F50-54	1 Sheila Holen	Lewisville	(50)	24:48	+39	50:15.55		16:10.6	33.7%	26	6
F70-74	1 Carol Creech	Aubrey	(70)	22:48	+28	46:05.19		14:50.0	48.9%	25	5

1M MALE

10 MALE Runners --- Average Time of **7:41** Avg. Age Grade: **59.4%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1	John Shirk	Mile Race Group	(25)		4:37.15	☑	4:37.2	80.3%	1	1
M10-14	1	Enrique Marban	Farmers Branch	(13)		6:33.60	✓	6:33.6	63.6%	4	4
M20-24	1	Chris Shirk	Mile Race Group	(24)		4:50.23	✓	4:50.2	76.7%	2	2
M25-29	1	Albert Marban	Farmers Branch	(27)		5:28.83		5:28.8	67.7%	3	3
M45-49	1	Nathan Bruser	Highland Village	(49)		11:06.49		11:06.5	37.9%	12	9
M50-54	1	Marcus O'con	Dallas	(50)		8:14.81		8:14.8	51.4%	7	7
M55-59	1	Vijayan Nair	Plano	(58)		8:07.36		8:07.4	55.8%	6	6
	2	John Kramer	Plano	(59)		11:59.80		11:59.8	38.1%	13	10
M65-69	1	Ruben Arevalo	Carrollton	(65)		7:29.17		7:29.2	64.4%	5	5
	2	Julio Lopez	Farmers Branch	(65)		8:18.68		8:18.7	58.0%	8	8

1M FEMALE

3 FEMALE Runners --- Average Time of **9:53** Avg. Age Grade: **57.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1	Kim Andres	Irving	(68)		8:48.54		8:48.5	73.3%	9	1
F10-14	1	Blake Bruser	Highland Village	(11)		11:04.25		11:04.3	42.6%	11	3
F55-59	1	Yanira Lopez	Farmers Branch	(58)		9:46.56		9:46.6	56.7%	10	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M25)	1	M25-29	OA	---				4:37.15	☑ 6	4:37.2	15.79	4:37.15	80.3%
2	130 Chris Shirk (M24)	2	M20-24	1st	---				4:50.23	✓ 3	4:50.2	16.54	4:50.23	76.7%
3	7493 Albert Marban (M27)	3	M25-29	1st	---				5:28.83		5:28.8	18.70	5:28.83	67.7%
4	7495 Enrique Marban (M13)	4	M10-14	1st	---				6:33.60	✓ 17	6:33.6	22.41	6:33.60	63.6%
5	7155 Ruben Arevalo (M65)	5	M65-69	1st	---				7:29.17		7:29.2	25.60	7:29.17	64.4%
6	7117 Vijayan Nair (M58)	6	M55-59	1st	---				8:07.36		8:07.4	27.77	8:07.36	55.8%
7	7270 Marcus O'con (M50)	7	M50-54	1st	---				8:14.81		8:14.8	28.17	8:14.81	51.4%
8	7193 Julio Lopez (M65)	8	M65-69	2nd	---				8:18.68		8:18.7	28.40	8:18.68	58.0%
9	7040 Kim Andres (F68)	1	F65-69	OA	---				8:48.54		8:48.5	30.11	8:48.54	73.3%
10	7198 Yanira Lopez (F58)	2	F55-59	1st	---				9:46.56		9:46.6	33.41	9:46.56	56.7%
11	7316 Blake Bruser (F11)	3	F10-14	1st	---				11:04.25		11:04.3	37.86	11:04.25	42.6%
12	7097 Nathan Bruser (M49)	9	M45-49	1st	---				11:06.49		11:06.5	37.97	11:06.49	37.9%
13	7261 John Kramer (M59)	10	M55-59	2nd	---				11:59.80		11:59.8	41.00	11:59.80	38.1%

✓ 3 Club PR's

Average Finish Time: 08:11

Average Age Grade: 59.0%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M25)	1	M25-29	OA	---	8:02	8:07	+5	16:08.82	☑ 6	5:11.8	16.13	16:08.82	79.9%
2	7493 Albert Marban (M27)	2	M25-29	1st	0.8	9:33	9:20	-14	18:53.03	☑	6:04.7	18.88	18:53.84	68.3%
3	130 Chris Shirk (M24)	3	M20-24	1st	0.7	9:33	9:20	-13	18:53.64	☑	6:04.9	18.88	18:54.36	68.3%
4	7159 Robert Landon (M61)	4	M60-64	MS	3.1	10:08	10:06	-2	20:13.81	✓ 18	6:30.7	20.22	20:16.93	80.0%
5	7270 Marcus O'con (M50)	5	M50-54	1st	1.6	10:51	10:36	-15	21:27.68	☑	6:54.5	21.45	21:29.32	68.7%
6	7011 Blair Casey (M34)	6	M30-34	1st	1.8	11:32	11:18	-14	22:50.58		7:21.1	22.83	22:52.39	57.4%
7	7405 Steve Russo (M57)	7	M55-59	SR	2.6	11:25	11:29	+4	22:54.50		7:22.4	22.90	22:57.11	68.2%
8	7081 Jason Egger (M39)	8	M35-39	1st	2.1	11:30	11:40	+10	23:09.65	✓ 6	7:27.3	23.15	23:11.71	58.5%
9	7155 Ruben Arevalo (M65)	9	M65-69	1st	3.4	12:29	12:39	+10	25:07.20	☑	8:05.1	25.12	25:10.58	66.8%
10	7075 Enrique Hernandez (M45)	10	M45-49	1st	11.8	12:48	12:36	-12	25:24.55		8:10.7	25.40	25:36.33	55.8%
11	7117 Vijayan Nair (M58)	11	M55-59	2nd	---	12:57	12:45	-12	25:41.53	☑	8:16.2	25.68	25:41.53	61.4%
12	7193 Julio Lopez (M65)	12	M65-69	2nd	8.3	12:53	13:25	+33	26:17.79	☑	8:27.8	26.28	26:26.13	63.8%
13	7012 Doug Waters (M56)	13	M55-59	3rd	7.5	13:10	13:13	+3	26:22.30		8:29.3	26.37	26:29.77	58.8%
14	7205 William Poole (M15)	14	M15-19	1st	6.1	13:44	15:17	+94	29:01.34		9:20.5	29.02	29:07.42	48.0%
15	6823 Curt Thompson (M71)	15	M70-74	1st	3.9	14:38	14:34	-4	29:11.80		9:23.9	29.18	29:15.66	61.1%
16	7225 David McAdam (M53)	16	M50-54	2nd	37.7	14:47	14:34	-13	29:21.44	✓ 2	9:27.0	29.35	29:59.15	51.5%
17	7050 Chris Goins (M50)	17	M50-54	3rd	8.9	15:01	16:08	+67	31:09.02	✓ 33	10:01.6	31.15	31:17.94	47.3%
18	7198 Yanira Lopez (F58)	1	F55-59	OA	15.1	15:55	16:27	+32	32:21.79	☑	10:25.0	32.35	32:36.89	58.1%
19	7126 Timothy Eaton (M64)	18	M60-64	1st	8.0	16:23	16:41	+18	33:03.67		10:38.5	33.05	33:11.68	50.3%
20	7044 Amie Goins (F49)	2	F45-49	MS	10.8	16:51	17:20	+29	34:11.16		11:00.2	34.18	34:21.91	48.9%
21	7124 Jerri Hixson (F67)	3	F65-69	SR	7.9	17:39	17:29	-10	35:07.85		11:18.5	35.12	35:15.71	61.1%
22	7106 Robert Simpson (M66)	19	M65-69	3rd	65.8	17:35	18:43	+67	36:17.85		11:41.0	36.28	37:23.65	46.6%
23	6992 Alok Jena (M49)	20	M45-49	2nd	11.6	18:24	21:39	+195	40:03.52	☑	12:53.6	40.05	40:15.11	36.5%
24	7445 Mireya Salas (F45)	4	F45-49	1st	9.0	18:42	21:24	+162	40:06.13		12:54.5	40.10	40:15.17	39.8%
25	7024 Carol Creech (F70)	5	F70-74	1st	6.5	22:48	23:17	+28	46:05.19		14:50.0	46.08	46:11.70	48.9%
26	7246 Sheila Holen (F50)	6	F50-54	1st	15.6	24:48	25:27	+39	50:15.55		16:10.6	50.25	50:31.18	33.7%
27	7261 John Kramer (M59)	21	M55-59	4th	211.7	25:01	23:21	-100	48:22.50	☑	15:34.2	48.37	51:54.25	32.9%
28	7003 Ruben Saguil (M56)	22	M55-59	1st	3851.5	12:40	13:02	+22	25:41.52		8:16.2	25.681	29:52.99	60.3%

17 Positive Split 11 Negative Split

✓ 5 Club PR's

Average Finish Time: 29:46 2 First Timers

Average Age Grade: 56.5%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

3/28/2021

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

△ Negative Split

 DeltaViewTiming.com

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M25	4:37.15	80.3%	Move UP
2	2	Chris Shirk	M24	4:50.23	76.7%	Move UP
3	9	Kim Andres	F68	8:48.54	73.3%	
4	3	Albert Marban	M27	5:28.83	67.7%	
5	5	Ruben Arevalo	M65	7:29.17	64.4%	
6	4	Enrique Marban	M13	6:33.60	63.6%	
7	8	Julio Lopez	M65	8:18.68	58.0%	
8	10	Yanira Lopez	F58	9:46.56	56.7%	
9	6	Vijayan Nair	M58	8:07.36	55.8%	
10	7	Marcus O'con	M50	8:14.81	51.4%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	Robert Landon	M61	20:13.81	80.0%	Move UP
2	1	John Shirk	M25	16:08.82	79.9%	Move UP
3	5	Marcus O'con	M50	21:27.68	68.7%	
4	2	Albert Marban	M27	18:53.03	68.3%	
5	3	Chris Shirk	M24	18:53.64	68.3%	New
6	7	Steve Russo	M57	22:54.50	68.2%	
7	9	Ruben Arevalo	M65	25:07.20	66.8%	
8	12	Julio Lopez	M65	26:17.79	63.8%	
9	11	Vijayan Nair	M58	25:41.53	61.4%	
10	15	Curt Thompson	M71	29:11.80	61.1%	
11	21	Jerri Hixson	F67	35:07.85	61.1%	
12	28	Ruben Saquil	M56	25:41.52	60.3%	
13	13	Doug Waters	M56	26:22.30	58.8%	
14	8	Jason Egger	M39	23:09.65	58.5%	
15	18	Yanira Lopez	F58	32:21.79	58.1%	
16	6	Blair Casey	M34	22:50.58	57.4%	
17	10	Enrique Hernandez	M45	25:24.55	55.8%	
18	16	David McAdam	M53	29:21.44	51.5%	
19	19	Timothy Eaton	M64	33:03.67	50.3%	

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