

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
John Shirk	4:49.73	Albert Marban	18:40.73	John Cosentino	21:22.27	Steve Russo	22:19.64
Blake Bruser	8:15.17	Bailey Green	29:28.94	Amie Goins	32:06.44	Yanira Lopez	33:18.45

5K MALE

30 MALE Runners --- Average Time of **27:23**

Avg. Age Grade: **58.0%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(28)	9:21	-1	18:40.73	ML	6:00.7	69.1%	1	1
MASTERS	1 John Cosentino	Plano	(59)	10:42	-2	21:22.27	✓	6:52.7	74.4%	4	4
SENIORS	1 Steve Russo	Plano	(58)	11:11	-3	22:19.64		7:11.2	70.6%	5	5
M10-14	1 Grant Green	Fairfield	(14)	13:12	-26	25:57.75		8:21.4	54.7%	15	15
M20-24	1 Noah Walker	Arlington	(21)	10:34	-25	20:42.80	ML	6:40.0	62.5%	3	3
M25-29	1 John Shirk	Mile Race Group	(26)	9:22	-2	18:41.91	ML	6:01.1	69.0%	2	2
M30-34	1 Ka Lau	Plano	(31)	12:24	+6	24:52.99	✓	8:00.5	52.1%	11	11
	2 Ryan Boyd	Carrollton	(34)	13:11	+73	27:34.35	ML	8:52.5	47.5%	18	18
M35-39	1 Blair Casey	Carrollton	(35)	12:25	+7	24:57.63		8:02.0	52.8%	12	12
M40-44	1 Gabor Toth	Coppell	(41)	13:36	-39	26:32.21	ML	8:32.5	51.8%	17	17
M50-54	1 Marcus O'con	Dallas	(51)	11:23	-20	22:24.92	ML	7:12.9	66.3%	6	6
	2 Rich Weklar	Bartonville	(51)	12:24	-31	24:17.72		7:49.2	61.2%	9	9
	3 Ryan Pogue	Carrollton	(50)	15:32	-40	30:24.77		9:47.3	48.5%	25	24
	4 Chris Goins	Garland	(51)	14:54	+105	31:32.29		10:09.1	47.1%	26	25
	5 Nathan Bruser	Highland Village	(50)	19:58	+71	41:06.48		13:13.9	35.9%	35	28
	6 Carlos Ordonez		(51)	23:31	+40	47:43.17	ML	15:21.6	31.2%	37	29
M55-59	1 Vijayan Nair	Plano	(59)	11:45	+26	23:55.33	ML	7:42.0	66.5%	8	8
	2 Ruben Saguil	Carrollton	(57)	12:12	-4	24:19.84	ML	7:49.9	64.2%	39	30
	3 Doug Waters	Carrollton	(57)	12:08	+7	24:23.65		7:51.1	64.1%	10	10
	4 Rob Preston	Irving	(57)	12:49	+2	25:40.68	ML	8:15.9	60.9%	14	14
	5 Rob Windsor	Flower Mound	(58)	13:01	+1	26:01.79	ML	8:22.7	60.6%	16	16
M60-64	1 Fred Ellefson	Allen	(62)	11:21	+2	22:43.67	ML	7:18.9	71.8%	7	7
	2 Jaws Hansen	Dallas	(61)	13:44	+52	28:19.89	ML	9:07.1	57.1%	19	19
	3 Victor Elfenbein	Dallas	(64)	14:56	+6	29:57.86	ML	9:38.7	55.5%	23	22
	4 Jeff Goodman	Hickory Creek	(60)	16:40	+65	34:24.64		11:04.5	46.6%	30	26
M65-69	1 Ruben Arevalo	Carrollton	(66)	12:34	+12	25:19.60	ML	8:09.1	66.8%	13	13
	2 Julio Lopez	Farmers Branch	(66)	14:00	+72	29:11.49	ML	9:23.8	58.0%	20	20
	3 Ruben Reyes	Carrollton	(66)	14:19	+60	29:38.43		9:32.4	57.1%	22	21
	4 Robert Simpson	Coppell	(67)	19:11	-20	38:00.69		12:14.1	44.9%	32	27
M80-99	1 Wally Capps	Farmers Branch	(81)	15:01	+8	30:09.21	ML	9:42.3	71.5%	24	23

5K FEMALE

		9 FEMALE Runners --- Average Time of				38:02	Avg. Age Grade: 47.9%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Bailey Green	Fairfield	(12)	15:08	-47	29:28.94	✓	9:29.4	55.2%	21	1
MASTERS	1 Amie Goins	Garland	(50)	15:46	+35	32:06.44		10:20.1	52.7%	27	2
SENIORS	1 Yanira Lopez	Farmers Branch	(59)	16:22	+34	33:18.45	Ⓜ	10:43.2	57.2%	28	3
F10-14	1 Blake Bruser	Highland Village	(12)	19:58	+65	41:00.93	Ⓜ	13:12.1	39.7%	33	6
F25-29	1 Lauren Zender	Carrollton	(28)	19:35	+118	41:08.55	✓	13:14.5	36.0%	34	7
F50-54	1 Debbie Riedner	Dallas	(52)	17:08	-10	34:05.11	Ⓜ	10:58.3	50.9%	29	4
	2 Sheila Holen	Lewisville	(51)	25:33	+8	51:14.10		16:29.5	33.4%	38	9
F60-64	1 Betsy Palmer	Carrollton	(60)	17:22	+19	35:03.35		11:17.0	55.1%	31	5
F70-74	1 Carol Creech	Aubrey	(71)	22:24	+4	44:52.41		14:26.6	51.1%	36	8

1M MALE

		19 MALE Runners --- Average Time of				7:49	Avg. Age Grade: 58.8%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Shirk	Mile Race Group	(26)			4:49.73		4:49.7	76.8%	1	1
M10-14	1 Enrique Marban	Farmers Branch	(14)			6:10.27	✓	6:10.3	66.1%	4	4
M20-24	1 Noah Walker	Arlington	(21)			5:50.08		5:50.1	63.8%	3	3
M25-29	1 Albert Marban	Farmers Branch	(28)			5:30.67		5:30.7	67.3%	2	2
M30-34	1 Ryan Boyd	Carrollton	(34)			10:02.26		10:02.3	37.6%	21	17
M40-44	1 Gabor Toth	Coppell	(41)			8:09.98		8:10.0	48.4%	18	14
M50-54	1 Marcus O'con	Dallas	(51)			8:10.55		8:10.6	52.3%	11	11
	2 Carlos Ordonez		(51)			11:38.98		11:39.0	36.7%	22	18
M55-59	1 Vijayan Nair	Plano	(59)			6:48.96		6:49.0	67.1%	5	5
	2 Rob Windsor	Flower Mound	(58)			7:10.16	✓	7:10.2	63.2%	7	7
	3 Ruben Saguil	Carrollton	(57)			7:26.01		7:26.0	60.5%	23	19
	4 Rob Preston	Irving	(57)			9:10.86		9:10.9	49.0%	19	15
M60-64	1 Fred Ellefson	Allen	(62)			6:56.37		6:56.4	67.7%	6	6
	2 Jaws Hansen	Dallas	(61)			8:27.19		8:27.2	55.1%	12	12
	3 Victor Elfenbein	Dallas	(64)			9:08.78		9:08.8	52.3%	17	13
M65-69	1 Ruben Arevalo	Carrollton	(66)			7:28.98		7:29.0	65.1%	8	8
	2 Efrain Sain	Carrollton	(66)			7:39.75		7:39.8	63.5%	9	9
	3 Julio Lopez	Farmers Branch	(66)			8:06.07		8:06.1	60.1%	10	10
M80-99	1 Wally Capps	Farmers Branch	(81)			9:40.35		9:40.4	64.1%	20	16

1M FEMALE

		4 FEMALE Runners --- Average Time of				8:53	Avg. Age Grade: 61.6%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blake Bruser	Highland Village	(12)			8:15.17		8:15.2	55.9%	13	1
F50-54	1 Debbie Riedner	Dallas	(52)			9:08.15		9:08.2	56.0%	16	4
F55-59	1 Yanira Lopez	Farmers Branch	(59)			9:06.56		9:06.6	61.8%	15	3
F65-69	1 Kim Andres	Irving	(69)			9:02.91		9:02.9	72.6%	14	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M26)	1	M25-29	OA	---				4:49.73		4:49.7	16.48	4:49.73	76.8%
2	7493 Albert Marban (M28)	2	M25-29	1st	---				5:30.67		5:30.7	18.82	5:30.67	67.3%
3	6928 Noah Walker (M21)	3	M20-24	1st	---				5:50.08	✕	5:50.1	19.96	5:50.08	63.8%
4	7495 Enrique Marban (M14)	4	M10-14	1st	---				6:10.27	✓ 23	6:10.3	21.10	6:10.27	66.1%
5	7117 Vijayan Nair (M59)	5	M55-59	1st	---				6:48.96		6:49.0	23.26	6:48.96	67.1%
6	6926 Fred Ellefson (M62)	6	M60-64	1st	---				6:56.37	✕	6:56.4	23.72	6:56.37	67.7%
7	7451 Rob Windsor (M58)	7	M55-59	2nd	---				7:10.16	✓ 2	7:10.2	24.52	7:10.16	63.2%
8	7155 Ruben Arevalo (M66)	8	M65-69	1st	---				7:28.98		7:29.0	25.54	7:28.98	65.1%
9	6923 Efrain Sain (M66)	9	M65-69	2nd	---				7:39.75	✕	7:39.8	26.17	7:39.75	63.5%
10	7193 Julio Lopez (M66)	10	M65-69	3rd	---				8:06.07		8:06.1	27.71	8:06.07	60.1%
11	7270 Marcus O'con (M51)	11	M50-54	1st	---				8:10.55		8:10.6	27.94	8:10.55	52.3%
12	7060 Jaws Hansen (M61)	12	M60-64	2nd	---				8:27.19		8:27.2	28.91	8:27.19	55.1%
13	7096 Blake Bruser (F12)	1	F10-14	OA	40.0				8:15.17		8:15.2	28.22	8:55.16	55.9%
14	7040 Kim Andres (F69)	2	F65-69	1st	---				9:02.91		9:02.9	30.90	9:02.91	72.6%
15	7198 Yanira Lopez (F59)	3	F55-59	1st	---				9:06.56		9:06.6	31.13	9:06.56	61.8%
16	7121 Debbie Riedner (F52)	4	F50-54	1st	---				9:08.15		9:08.2	31.25	9:08.15	56.0%
17	7113 Victor Elfenbein (M64)	13	M60-64	3rd	---				9:08.78		9:08.8	31.25	9:08.78	52.3%
18	7380 Gabor Toth (M41)	14	M40-44	1st	60.0				8:09.98		8:10.0	27.88	9:09.97	48.4%
19	7192 Rob Preston (M57)	15	M55-59	4th	---				9:10.86		9:10.9	31.36	9:10.86	49.0%
20	7916 Wally Capps (M81)	16	M80-99	1st	---				9:40.35		9:40.4	33.07	9:40.35	64.1%
21	7488 Ryan Boyd (M34)	17	M30-34	1st	---				10:02.26		10:02.3	34.33	10:02.26	37.6%
22	6001 Carlos Ordenez (M51)	18	M50-54	2nd	---				11:38.98		11:39.0	39.80	11:38.98	36.7%
23	6995 Ruben Saguil (M57)	19	M55-59	3rd	1500.0				7:26.01		7:26.0	25.43	32:26.00	60.5%

✓ 2 Club PR's

Average Finish Time: 07:59 3 First Timers

Average Age Grade: 59.3%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M28)	1	M25-29	OA	1.3	9:21	9:20	-1	18:40.73	ℓ	6:00.7	18.67	18:42.00	69.1%
2	129 John Shirk (M26)	2	M25-29	1st	0.2	9:22	9:20	-2	18:41.91	ℓ	6:01.1	18.68	18:42.09	69.0%
3	6928 Noah Walker (M21)	3	M20-24	1st	0.2	10:34	10:09	-25	20:42.80	ℓ ✕	6:40.0	20.70	20:43.00	62.5%
4	7255 John Cosentino (M59)	4	M55-59	MS	2.7	10:42	10:40	-2	21:22.27	✓ 38	6:52.7	21.37	21:25.00	74.4%
5	7405 Steve Russo (M58)	5	M55-59	SR	2.8	11:11	11:08	-3	22:19.64		7:11.2	22.32	22:22.41	70.6%
6	7270 Marcus O'con (M51)	6	M50-54	1st	4.4	11:23	11:02	-20	22:24.92	ℓ	7:12.9	22.40	22:29.34	66.3%
7	6926 Fred Ellefson (M62)	7	M60-64	1st	3.3	11:21	11:23	+2	22:43.67	ℓ ✕	7:18.9	22.72	22:47.00	71.8%
8	7117 Vijayan Nair (M59)	8	M55-59	1st	0.4	11:45	12:11	+26	23:55.33	ℓ	7:42.0	23.92	23:55.75	66.5%
9	7222 Rich Weklar (M51)	9	M50-54	2nd	4.7	12:24	11:53	-31	24:17.72		7:49.2	24.28	24:22.37	61.2%
10	7012 Doug Waters (M57)	10	M55-59	3rd	5.7	12:08	12:15	+7	24:23.65		7:51.1	24.38	24:29.37	64.1%
11	7190 Ka Lau (M31)	11	M30-34	1st	3.3	12:24	12:29	+6	24:52.99	✓ 3	8:00.5	24.87	24:56.28	52.1%
12	7011 Blair Casey (M35)	12	M35-39	1st	2.8	12:25	12:32	+7	24:57.63		8:02.0	24.95	25:00.39	52.8%
13	7155 Ruben Arevalo (M66)	13	M65-69	1st	3.3	12:34	12:46	+12	25:19.60	ℓ	8:09.1	25.32	25:22.89	66.8%
14	7192 Rob Preston (M57)	14	M55-59	4th	4.9	12:49	12:52	+2	25:40.68	ℓ	8:15.9	25.67	25:45.55	60.9%
15	6913 Grant Green (M14)	15	M10-14	1st	2.3	13:12	12:46	-26	25:57.75		8:21.4	25.95	26:00.06	54.7%
16	7451 Rob Windsor (M58)	16	M55-59	5th	5.4	13:01	13:01	+1	26:01.79	ℓ	8:22.7	26.02	26:07.17	60.6%
17	7380 Gabor Toth (M41)	17	M40-44	1st	5.3	13:36	12:57	-39	26:32.21	ℓ	8:32.5	26.53	26:37.54	51.8%
18	7488 Ryan Boyd (M34)	18	M30-34	2nd	2.1	13:11	14:23	+73	27:34.35	ℓ	8:52.5	27.57	27:36.46	47.5%
19	7060 Jaws Hansen (M61)	19	M60-64	2nd	5.1	13:44	14:36	+52	28:19.89	ℓ	9:07.1	28.32	28:25.03	57.1%
20	7193 Julio Lopez (M66)	20	M65-69	2nd	3.4	14:00	15:12	+72	29:11.49	ℓ	9:23.8	29.18	29:14.87	58.0%
21	6912 Bailey Green (F12)	1	F10-14	OA	2.0	15:08	14:21	-47	29:28.94	✓ 1	9:29.4	29.47	29:30.99	55.2%
22	7283 Ruben Reyes (M66)	21	M65-69	3rd	7.8	14:19	15:19	+60	29:38.43		9:32.4	29.63	29:46.25	57.1%
23	7113 Victor Elfenbein (M64)	22	M60-64	3rd	7.0	14:56	15:02	+6	29:57.86	ℓ	9:38.7	29.95	30:04.91	55.5%
24	7916 Wally Capps (M81)	23	M80-99	1st	6.4	15:01	15:09	+8	30:09.21	ℓ	9:42.3	30.15	30:15.62	71.5%
25	7345 Ryan Pogue (M50)	24	M50-54	3rd	9.7	15:32	14:53	-40	30:24.77		9:47.3	30.40	30:34.50	48.5%

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

3/27/2022

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

△ Negative Split

DeltaViewTiming.com

26	7050	Chris Goins (M51)	25	M50-54	4th	11.5	14:54	16:39	+105	31:32.29		10:09.1	31.53	31:43.74	47.1%
27	7044	Amie Goins (F50)	2	F50-54	MS	11.1	15:46	16:21	+35	32:06.44		10:20.1	32.10	32:17.58	52.7%
28	7198	Yanira Lopez (F59)	3	F55-59	SR	16.8	16:22	16:56	+34	33:18.45	ℓ	10:43.2	33.30	33:35.26	57.2%
29	7121	Debbie Riedner (F52)	4	F50-54	1st	9.3	17:08	16:57	-10	34:05.11	ℓ	10:58.3	34.08	34:14.40	50.9%
30	7026	Jeff Goodman (M60)	26	M60-64	4th	7.3	16:40	17:45	+65	34:24.64		11:04.5	34.40	34:31.97	46.6%
31	7454	Betsy Palmer (F60)	5	F60-64	1st	16.7	17:22	17:41	+19	35:03.35		11:17.0	35.05	35:20.02	55.1%
32	7106	Robert Simpson (M67)	27	M65-69	4th	20.4	19:11	18:50	-20	38:00.69		12:14.1	38.00	38:21.10	44.9%
33	7096	Blake Bruser (F12)	6	F10-14	1st	18.8	19:58	21:03	+65	41:00.93	ℓ	13:12.1	41.00	41:19.78	39.7%
34	6909	Lauren Zender (F28)	7	F25-29	1st	12.6	19:35	21:33	+118	41:08.55	✓ 1	13:14.5	41.13	41:21.11	36.0%
35	7097	Nathan Bruser (M50)	28	M50-54	5th	19.1	19:58	21:09	+71	41:06.48		13:13.9	41.10	41:25.57	35.9%
36	7024	Carol Creech (F71)	8	F70-74	1st	8.0	22:24	22:28	+4	44:52.41		14:26.6	44.87	45:00.41	51.1%
37	6001	Carlos Ordonez (M51)	29	M50-54	6th	16.6	23:31	24:12	+40	47:43.17	ℓ	15:21.6	47.72	47:59.78	31.2%
38	7246	Sheila Holen (F51)	9	F50-54	2nd	19.9	25:33	25:41	+8	51:14.10		16:29.5	51.23	51:33.97	33.4%
39	6995	Ruben Saguil (M57)	30	M55-59	2nd	4202.1	12:12	12:08	-4	24:19.84	ℓ	7:49.9	24.321	34:21.96	64.2%
25 Positive Split 14 Negative Split ✓ 4 Club PR's											Average Finish Time: 29:50 <i>2 First Timers</i>		Average Age Grade: 55.7%		

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M26	4:49.73	76.8%	
2	14	Kim Andres	F69	9:02.91	72.6%	
3	6	Fred Ellefson	M62	6:56.37	67.7%	New
4	2	Albert Marban	M28	5:30.67	67.3%	
5	5	Vijayan Nair	M59	6:48.96	67.1%	
6	4	Enrique Marban	M14	6:10.27	66.1%	New
7	8	Ruben Arevalo	M66	7:28.98	65.1%	
8	20	Wally Capps	M81	9:40.35	64.1%	
9	3	Noah Walker	M21	5:50.08	63.8%	
10	9	Efrain Sain	M66	7:39.75	63.5%	
11	7	Rob Windsor	M58	7:10.16	63.2%	
12	15	Yanira Lopez	F59	9:06.56	61.8%	
13	23	Ruben Saguil	M57	7:26.01	60.5%	
14	10	Julio Lopez	M66	8:06.07	60.1%	
15	16	Debbie Riedner	F52	9:08.15	56.0%	
16	13	Blake Bruser	F12	8:15.17	55.9%	
17	12	Jaws Hansen	M61	8:27.19	55.1%	
18	11	Marcus O'con	M51	8:10.55	52.3%	
19	17	Victor Elfenbein	M64	9:08.78	52.3%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	John Cosentino	M59	21:22.27	74.4%	Move UP
2	7	Fred Ellefson	M62	22:43.67	71.8%	New
3	24	Wally Capps	M81	30:09.21	71.5%	
4	5	Steve Russo	M58	22:19.64	70.6%	
5	1	Albert Marban	M28	18:40.73	69.1%	
6	2	John Shirk	M26	18:41.91	69.0%	
7	13	Ruben Arevalo	M66	25:19.60	66.8%	
8	8	Vijayan Nair	M59	23:55.33	66.5%	
9	6	Marcus O'con	M51	22:24.92	66.3%	
10	39	Ruben Saguil	M57	24:19.84	64.2%	
11	10	Doug Waters	M57	24:23.65	64.1%	
12	3	Noah Walker	M21	20:42.80	62.5%	
13	9	Rich Weklar	M51	24:17.72	61.2%	
14	14	Rob Preston	M57	25:40.68	60.9%	
15	16	Rob Windsor	M58	26:01.79	60.6%	
16	20	Julio Lopez	M66	29:11.49	58.0%	
17	28	Yanira Lopez	F59	33:18.45	57.2%	
18	19	Jaws Hansen	M61	28:19.89	57.1%	
19	22	Ruben Reyes	M66	29:38.43	57.1%	
20	23	Victor Elfenbein	M64	29:57.86	55.5%	
21	21	Bailey Green	F12	29:28.94	55.2%	
22	31	Betsy Palmer	F60	35:03.35	55.1%	
23	15	Grant Green	M14	25:57.75	54.7%	
24	12	Blair Casey	M35	24:57.63	52.8%	
25	27	Amie Goins	F50	32:06.44	52.7%	
26	11	Ka Lau	M31	24:52.99	52.1%	
27	17	Gabor Toth	M41	26:32.21	51.8%	
28	36	Carol Creech	F71	44:52.41	51.1%	
29	29	Debbie Riedner	F52	34:05.11	50.9%	

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