

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:32.83	Albert Marban	18:20.40	Marcus O'con	22:43.78	Vijayan Nair	24:02.58
Jennifer Castro	7:10.80	Emily Whitehurst	31:54.62	Amie Goins	32:24.85	Yanira Lopez	36:37.36

5K MALE

28 MALE Runners --- Average Time of **28:56**

Avg. Age Grade: **55.4%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(29)			18:20.40	ML	5:54.2	70.4%	1	1
MASTERS	1 Marcus O'con	Dallas	(52)			22:43.78	ML	7:19.0	65.9%	5	5
SENIORS	1 Vijayan Nair	Plano	(60)			24:02.58	ML	7:44.3	66.7%	6	6
M*	1 Temporary 6008		()			28:40.58		9:13.8		14	14
M01-09	1 Alex Toth	Coppell	(9)			32:22.51		10:25.2	50.5%	22	21
M15-19	1 Enrique Marban	Farmers Branch	(15)			24:56.88	ML	8:01.8	55.8%	7	7
	2 Jason Ramirez	Carrollton	(16)			28:28.01	ML ✓	9:09.8	48.1%	13	13
M20-24	1 Chris Shirk	Mile Race Group	(24)			18:27.64		5:56.5	69.9%	3	3
M25-29	1 John Shirk	Mile Race Group	(26)			16:58.19		5:27.7	76.0%	2	2
M35-39	1 Blair Casey	Carrollton	(36)			20:18.81	ML	6:32.3	65.3%	4	4
M40-44	1 Brian Purcell	The Colony	(43)			29:29.70		9:29.6	47.3%	17	17
	2 Gabor Toth	Coppell	(42)			32:12.22		10:21.9	43.0%	21	20
M50-54	1 Ryan Pogue	Carrollton	(51)			31:13.73		10:03.1	47.6%	18	18
	2 Chris Goins	Garland	(52)			31:47.95		10:14.1	47.1%	19	19
	3 Nathan Bruser	Highland Village	(51)			40:02.86		12:53.4	37.1%	32	27
	4 Carlos Ordonez	Carrollton	(52)			43:08.53		13:53.2	34.7%	34	28
M55-59	1 Doug Waters	Carrollton	(58)			26:19.45		8:28.4	59.9%	9	9
	2 Rob Preston	Irving	(58)			27:02.16		8:42.1	58.3%	10	10
	3 Steve Russo	Plano	(59)			28:50.13		9:16.9	55.1%	15	15
	4 Andrew Ngotho	Carrollton	(56)			33:18.59		10:43.3	46.5%	24	22
M60-64	1 John Cosentino	Plano	(60)			26:44.13	ML	8:36.3	60.0%	11	11
	2 Jaws Hansen	Dallas	(62)			29:22.79	ML	9:27.4	55.6%	16	16
M65-69	1 Julio Lopez	Farmers Branch	(67)			26:05.71	ML	8:24.0	65.5%	8	8
	2 Ruben Arevalo	Carrollton	(67)			28:17.29	ML	9:06.3	60.4%	12	12
	3 Ruben Reyes	Carrollton	(66)			33:56.98		10:55.6	49.9%	26	23
	4 Peter Chan	Coppell	(69)			35:20.63	ML	11:22.6	49.3%	28	25
	5 Robert Simpson	Coppell	(67)			36:52.87		11:52.3	46.3%	30	26
M80-99	1 Wally Capps	Farmers Branch	(82)			34:47.15	ML	11:11.8	63.7%	27	24

5K FEMALE

7 FEMALE Runners --- Average Time of

37:52

Avg. Age Grade: 47.1%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Emily Whitehurst	Carrollton	(36)		31:54.62		10:16.3	47.0%	20	1
MASTERS	1	Amie Goins	Garland	(51)		32:24.85	M	10:26.0	52.9%	23	2
SENIORS	1	Yanira Lopez	Farmers Branch	(60)		36:37.36	M	11:47.3	52.8%	29	4
F10-14	1	Blake Bruser	Highland Village	(13)		39:23.09	M	12:40.6	40.6%	33	6
F50-54	1	Debbie Riedner	Dallas	(53)		33:21.88	M	10:44.3	52.7%	25	3
	2	Sheila Holen	Lewisville	(51)		53:17.13		17:09.1	32.2%	35	7
F60-64	1	Betsy Palmer	Carrollton	(61)		38:08.12		12:16.5	51.4%	31	5

1M MALE

14 MALE Runners --- Average Time of

8:41

Avg. Age Grade: 57.2%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Albert Marban	Farmers Branch	(29)		5:32.83		5:32.8	66.9%	1	1
M15-19	1	Enrique Marban	Farmers Branch	(15)		5:53.09		5:53.1	68.0%	2	2
	2	Jason Ramirez	Carrollton	(16)		6:24.65		6:24.7	61.4%	4	4
M20-24	1	Fernando Orellana	Carrollton	(23)		6:18.41		6:18.4	58.8%	3	3
M35-39	1	Blair Casey	Carrollton	(36)		6:25.10	✓	6:25.1	59.4%	5	5
M50-54	1	Marcus O'con	Dallas	(52)		8:32.74		8:32.7	50.4%	13	11
M60-64	1	Vijayan Nair	Plano	(60)		7:03.48		7:03.5	65.4%	6	6
	2	Jaws Hansen	Dallas	(62)		8:08.08		8:08.1	57.7%	11	9
	3	John Cosentino	Plano	(60)		8:29.09		8:29.1	54.4%	12	10
	4	John Kramer	Plano	(61)		22:35.38		22:35.4	20.6%	19	14
M65-69	1	Julio Lopez	Farmers Branch	(67)		7:40.84		7:40.8	64.0%	8	7
	2	Ruben Arevalo	Carrollton	(67)		7:43.74		7:43.7	63.6%	9	8
	3	Peter Chan	Coppell	(69)		10:31.88		10:31.9	47.6%	18	13
M80-99	1	Wally Capps	Farmers Branch	(82)		10:14.80		10:14.8	62.2%	16	12

1M FEMALE

5 FEMALE Runners --- Average Time of

9:01

Avg. Age Grade: 55.7%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Jennifer Castro	Bedford	(40)		7:10.80	✓	7:10.8	61.7%	7	1
F10-14	1	Blake Bruser	Highland Village	(13)		7:59.70		7:59.7	56.6%	10	2
F50-54	1	Amie Goins	Garland	(51)		9:16.56	✓	9:16.6	54.4%	14	3
	2	Debbie Riedner	Dallas	(53)		10:28.53		10:28.5	49.4%	17	5
F60-64	1	Yanira Lopez	Farmers Branch	(60)		10:07.10		10:07.1	56.4%	15	4

FN*: Broke Age-Group Record GD Place among Females Positive Split

Timing provided by:

1/29/2023

 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	5KEq	Clock Time	AgeGD
1	7493 Albert Marban (M29)	1	M25-29	OA	---				5:32.83		5:32.8	18.93	5:32.83	66.9%
2	7495 Enrique Marban (M15)	2	M15-19	1st	---				5:53.09		5:53.1	20.13	5:53.09	68.0%
3	6006 Fernando Orellana (M23)	3	M20-24	1st	---				6:18.41	✕	6:18.4	21.55	6:18.41	58.8%
4	6004 Jason Ramirez (M16)	4	M15-19	2nd	---				6:24.65		6:24.7	21.90	6:24.65	61.4%
5	7011 Blair Casey (M36)	5	M35-39	1st	---				6:25.10	✓ 2	6:25.1	21.95	6:25.10	59.4%
6	7117 Vijayan Nair (M60)	6	M60-64	1st	---				7:03.48		7:03.5	24.12	7:03.48	65.4%
7	6646 Jennifer Castro (F40)	1	F40-44	OA	---				7:10.80	✓ 1	7:10.8	24.52	7:10.80	61.7%
8	7193 Julio Lopez (M67)	7	M65-69	1st	---				7:40.84		7:40.8	26.23	7:40.84	64.0%
9	7155 Ruben Arevalo (M67)	8	M65-69	2nd	---				7:43.74		7:43.7	26.40	7:43.74	63.6%
10	7096 Blake Bruser (F13)	2	F10-14	1st	---				7:59.70		7:59.7	27.31	7:59.70	56.6%
11	7060 Jaws Hansen (M62)	9	M60-64	2nd	---				8:08.08		8:08.1	27.83	8:08.08	57.7%
12	7255 John Cosentino (M60)	10	M60-64	3rd	---				8:29.09		8:29.1	29.02	8:29.09	54.4%
13	7270 Marcus O'con (M52)	11	M50-54	1st	---				8:32.74		8:32.7	29.19	8:32.74	50.4%
14	7044 Amie Goins (F51)	3	F50-54	1st	---				9:16.56	✓ 2	9:16.6	31.70	9:16.56	54.4%
15	7198 Yanira Lopez (F60)	4	F60-64	1st	---				10:07.10		10:07.1	34.61	10:07.10	56.4%
16	7916 Wally Capps (M82)	12	M80-99	1st	---				10:14.80		10:14.8	35.01	10:14.80	62.2%
17	7121 Debbie Riedner (F53)	5	F50-54	2nd	---				10:28.53		10:28.5	35.81	10:28.53	49.4%
18	7153 Peter Chan (M69)	13	M65-69	3rd	---				10:31.88		10:31.9	35.98	10:31.88	47.6%
19	7261 John Kramer (M61)	14	M60-64	4th	---				22:35.38		22:35.4	77.26	22:35.38	20.6%

✓ 3 Club PR's

Average Finish Time: 08:46 1 First Timers

Average Age Grade: 56.8%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7493 Albert Marban (M29)	1	M25-29	OA	---				18:20.40	ℓ	5:54.2	18.33	18:20.40	70.4%
2	6991 John Shirk (M26)	2	M25-29	1st	121.1				16:58.19		5:27.7	16.97	18:59.26	76.0%
3	6993 Chris Shirk (M24)	3	M20-24	1st	121.2				18:27.64		5:56.5	18.45	20:28.85	69.9%
4	7011 Blair Casey (M36)	4	M35-39	1st	15.6				20:18.81	ℓ	6:32.3	20.30	20:34.39	65.3%
5	7270 Marcus O'con (M52)	5	M50-54	MS	1.2				22:43.78	ℓ	7:19.0	22.72	22:44.97	65.9%
6	7117 Vijayan Nair (M60)	6	M60-64	SR	---				24:02.58	ℓ	7:44.3	24.03	24:02.58	66.7%
7	7495 Enrique Marban (M15)	7	M15-19	1st	---				24:56.88	ℓ	8:01.8	24.93	24:56.88	55.8%
8	7193 Julio Lopez (M67)	8	M65-69	1st	1.3				26:05.71	ℓ	8:24.0	26.08	26:06.99	65.5%
9	7012 Doug Waters (M58)	9	M55-59	1st	2.5				26:19.45		8:28.4	26.32	26:21.99	59.9%
10	7192 Rob Preston (M58)	10	M55-59	2nd	3.0				27:02.16		8:42.1	27.03	27:05.15	58.3%
11	7255 John Cosentino (M60)	11	M60-64	1st	24.9				26:44.13	ℓ	8:36.3	26.73	27:09.05	60.0%
12	7155 Ruben Arevalo (M67)	12	M65-69	2nd	---				28:17.29	ℓ	9:06.3	28.28	28:17.29	60.4%
13	6004 Jason Ramirez (M16)	13	M15-19	2nd	---				28:28.01	ℓ ✓ 1	9:09.8	28.47	28:28.01	48.1%
14	6008 Temporary 6008 (M)	14	M*	1st	2.6				28:40.58	✕	9:13.8	28.67	28:43.20	
15	7405 Steve Russo (M59)	15	M55-59	3rd	4.9				28:50.13		9:16.9	28.83	28:55.05	55.1%
16	7060 Jaws Hansen (M62)	16	M60-64	2nd	0.3				29:22.79	ℓ	9:27.4	29.37	29:23.08	55.6%
17	6699 Brian Purcell (M43)	17	M40-44	1st	2.5				29:29.70		9:29.6	29.48	29:32.20	47.3%
18	7345 Ryan Pogue (M51)	18	M50-54	1st	8.5				31:13.73		10:03.1	31.22	31:22.23	47.6%
19	7050 Chris Goins (M52)	19	M50-54	2nd	4.0				31:47.95		10:14.1	31.78	31:51.99	47.1%
20	7586 Emily Whitehurst (F36)	1	F35-39	OA	1.3				31:54.62		10:16.3	31.90	31:55.89	47.0%
21	7380 Gabor Toth (M42)	20	M40-44	2nd	3.0				32:12.22		10:21.9	32.20	32:15.22	43.0%
22	7368 Alex Toth (M9)	21	M01-09	1st	3.4				32:22.51		10:25.2	32.37	32:25.91	50.5%
23	7044 Amie Goins (F51)	2	F50-54	MS	3.9				32:24.85	ℓ	10:26.0	32.40	32:28.75	52.9%
24	7466 Andrew Ngotho (M56)	22	M55-59	4th	2.1				33:18.59	✕	10:43.3	33.30	33:20.64	46.5%
25	7121 Debbie Riedner (F53)	3	F50-54	1st	5.7				33:21.88	ℓ	10:44.3	33.35	33:27.61	52.7%
26	7283 Ruben Reyes (M66)	23	M65-69	3rd	5.8				33:56.98		10:55.6	33.93	34:02.82	49.9%
27	7916 Wally Capps (M82)	24	M80-99	1st	7.8				34:47.15	ℓ	11:11.8	34.78	34:54.98	63.7%
28	7153 Peter Chan (M69)	25	M65-69	4th	7.2				35:20.63	ℓ	11:22.6	35.33	35:27.80	49.3%
29	7198 Yanira Lopez (F60)	4	F60-64	SR	13.0				36:37.36	ℓ	11:47.3	36.62	36:50.38	52.8%
30	7106 Robert Simpson (M67)	26	M65-69	5th	18.4				36:52.87		11:52.3	36.87	37:11.24	46.3%

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

1/29/2023

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

▲ Negative Split

DeltaViewTiming.com

31	7454	Betsy Palmer (F61)	5	F60-64	1st	14.4		38:08.12	12:16.5	38.13	38:22.53	51.4%	
32	7097	Nathan Bruser (M51)	27	M50-54	3rd	95.8		40:02.86	12:53.4	40.03	41:38.64	37.1%	
33	7096	Blake Bruser (F13)	6	F10-14	1st	137.0		39:23.09 \mathcal{M}	12:40.6	39.38	41:40.08	40.6%	
34	7529	Carlos Ordonez (M52)	28	M50-54	4th	15.3		43:08.53	13:53.2	43.13	43:23.82	34.7%	
35	7246	Sheila Holen (F51)	7	F50-54	2nd	11.7		53:17.13	17:09.1	53.28	53:28.78	32.2%	
✓ 1 Club PR's							Average Finish Time: 30:43			2 First Timers		Average Age Grade: 53.7%	

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Enrique Marban	M15	5:53.09	68.0%	
2	1	Albert Marban	M29	5:32.83	66.9%	
3	6	Vijayan Nair	M60	7:03.48	65.4%	
4	8	Julio Lopez	M67	7:40.84	64.0%	
5	9	Ruben Arevalo	M67	7:43.74	63.6%	
6	16	Wally Capps	M82	10:14.80	62.2%	
7	7	Jennifer Castro	F40	7:10.80	61.7%	
8	4	Jason Ramirez	M16	6:24.65	61.4%	
9	5	Blair Casey	M36	6:25.10	59.4%	
10	3	Fernando Orellana	M23	6:18.41	58.8%	
11	11	Jaws Hansen	M62	8:08.08	57.7%	
12	10	Blake Bruser	F13	7:59.70	56.6%	
13	15	Yanira Lopez	F60	10:07.10	56.4%	
14	14	Amie Goins	F51	9:16.56	54.4%	
15	12	John Cosentino	M60	8:29.09	54.4%	
16	13	Marcus O'con	M52	8:32.74	50.4%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	John Shirk	M26	16:58.19	76.0%	
2	1	Albert Marban	M29	18:20.40	70.4%	
3	3	Chris Shirk	M24	18:27.64	69.9%	
4	6	Vijayan Nair	M60	24:02.58	66.7%	
5	5	Marcus O'con	M52	22:43.78	65.9%	
6	8	Julio Lopez	M67	26:05.71	65.5%	
7	4	Blair Casey	M36	20:18.81	65.3%	
8	27	Wally Capps	M82	34:47.15	63.7%	
9	12	Ruben Arevalo	M67	28:17.29	60.4%	
10	11	John Cosentino	M60	26:44.13	60.0%	
11	9	Doug Waters	M58	26:19.45	59.9%	
12	10	Rob Preston	M58	27:02.16	58.3%	
13	7	Enrique Marban	M15	24:56.88	55.8%	
14	16	Jaws Hansen	M62	29:22.79	55.6%	
15	15	Steve Russo	M59	28:50.13	55.1%	
16	23	Amie Goins	F51	32:24.85	52.9%	
17	29	Yanira Lopez	F60	36:37.36	52.8%	
18	25	Debbie Riedner	F53	33:21.88	52.7%	
19	31	Betsy Palmer	F61	38:08.12	51.4%	
20	22	Alex Toth	M9	32:22.51	50.5%	

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