

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	6:29.50	John Shirk	17:13.15	Xin Chen	22:40.94	John Cosentino	22:41.01
Kuay Sullivan	9:11.12	Kuay Sullivan	29:27.72	Amie Goins	32:07.09	Yanira Lopez	33:38.45

## 5K MALE

37 MALE Runners --- Average Time of **29:15**

Avg. Age Grade: **54.6%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Shirk		(28)	8:17	+39	17:13.15		5:32.5	74.9%	1	1
MASTERS	1 Xin Chen	Plano	(48)	10:08	+145	22:40.94		7:18.0	64.0%	5	5
SENIORS	1 John Cosentino	Plano	(61)	11:11	+18	22:41.01		7:18.1	71.3%	7	7
M10-14	1 Jaydin Turner		(14)	10:03	+90	21:35.87		6:57.1	65.7%	4	4
	2 Yota Matsumoto	Plano	(13)	11:48	+16	23:51.83	✓	7:40.9	60.8%	8	8
	3 Takumi Matsumoto	Plano	(11)	12:54	+19	26:07.45	✓	8:24.5	58.5%	18	18
	4 David Gohrig		(10)	13:47	-7	27:26.64		8:50.0	57.5%	21	21
M15-19	1 Evans Kangethe		(17)	11:42	+37	23:59.70	✓	7:43.4	56.3%	11	11
	2 Charlie Meyer	Coppell	(15)	12:44	-37	24:51.24		7:60.0	56.0%	13	13
	3 Justin Zhu	Plano	(18)	13:57	+302	32:55.46		10:35.8	40.5%	31	28
M20-24	1 Junyoung Cho	Sachse	(22)	13:21	-30	26:11.38		8:25.8	49.3%	20	20
M25-29	1 Chris Shirk		(26)	9:08	+19	18:35.00		5:58.9	69.4%	2	2
	2 Spencer Tubbs	McKinney	(26)	14:13	+222	32:07.71		10:20.5	40.2%	28	27
M30-34	1 Griffin Gurley	Carrollton	(31)	10:17	+24	20:57.85		6:44.9	61.8%	3	3
M35-39	1 Serge Reshetnikov	The Colony	(38)	12:08	+71	25:26.01		8:11.2	52.9%	15	15
M40-44	1 Atsushi Matsumoto	Plano	(40)	11:49	+22	23:59.55	✓	7:43.3	56.9%	10	10
	2 Balaji Ammanji Sundararaju	Coppell	(41)	14:03	+91	29:37.47		9:32.1	46.4%	27	26
	3 John Menzies	Irving	(41)	16:17	+164	35:18.94	✓	11:22.0	38.9%	36	31
M45-49	1 Don Gehrig		(48)	13:47	-4	27:30.23		8:51.2	52.8%	22	22
M50-54	1 Marcus O'con	Dallas	(52)	11:33	-25	22:40.00		7:17.7	66.1%	6	6
	2 Kyoungjoon Cho	sachse	(53)	12:07	+65	25:20.26		8:09.3	59.6%	14	14
	3 Chris Goins	Garland	(53)	16:06	+263	36:34.57		11:46.4	41.3%	37	32
	4 Carlos Ordonez	Carrollton	(52)	22:30	-1	44:58.91		14:28.7	33.3%	46	35
M55-59	1 Gary Spence	Allen	(56)	11:51	+40	24:21.48		7:50.4	63.6%	12	12
	2 Steve Russo	Plano	(59)	12:42	+24	25:48.04		8:18.3	61.6%	16	16
	3 Doug Waters	Carrollton	(58)	12:58	+7	26:03.00		8:23.1	60.5%	19	19
	4 Rob Preston	Irving	(58)	14:09	+31	28:49.17		9:16.6	54.7%	24	24
	5 Andrew Ngotho	Carrollton	(56)	16:06	+71	33:23.62		10:44.9	46.4%	32	29
M60-64	1 Vijayan Nair	Plano	(60)	11:47	+27	24:01.03		7:43.8	66.8%	9	9
	2 Jaws Hansen	Dallas	(63)	14:34	-13	28:55.56		9:18.6	56.9%	25	25
	3 John Ramsey	Lewisville	(60)	20:26	+0	40:52.32		13:09.3	39.2%	41	34
	4 John Kramer	Plano	(61)	29:06	+114	1:00:06.05		19:20.7	26.9%	50	37
M65-69	1 Julio Lopez	Farmers Branch	(67)	13:05	-1	26:09.38		8:25.1	65.3%	17	17
	2 Ruben Arevalo	Carrollton	(68)	14:02	+38	28:41.88		9:14.2	60.1%	23	23
	3 Victor Eifenbein	Dallas	(65)	17:33	+274	39:39.76		12:46.0	42.3%	40	33
	4 Robert Simpson	Coppell	(68)	23:55	+61	48:51.52		15:43.6	35.3%	48	36
M80-99	1 Wally Capps	Farmers Branch	(82)	17:00	+2	34:02.43		10:57.4	65.1%	34	30

# 5K FEMALE

13 FEMALE Runners --- Average Time of **39:22** Avg. Age Grade: **45.7%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(57)	14:49	-10	29:27.72		9:29.0	62.9%	26	1
MASTERS	1 Amie Goins	Garland	(51)	15:23	+82	32:07.09		10:20.3	53.3%	29	2
SENIORS	1 Yanira Lopez	Farmers Branch	(60)	16:17	+65	33:38.45		10:49.7	57.5%	33	4
F10-14	1 Yuvathi Balaji	Coppell	(11)	20:15	+147	42:57.43		13:49.6	38.7%	44	10
F15-19	1 Aryanne Ramsey	Lewisville	(18)	16:36	+351	39:03.25		12:34.2	38.3%	39	7
	2 Rhianne Ramsey	Lewisville	(15)	19:55	+91	41:20.58		13:18.4	37.5%	42	8
	3 Aqeela Afreen Sadullah	Coppell	(15)	20:14	+157	43:05.23		13:52.1	36.0%	45	11
F30-34	1 Magaly Vasquez	Irving	(30)	15:56	+50	32:41.85	✓	10:31.5	45.3%	30	3
F50-54	1 Debbie Riedner	Dallas	(54)	17:17	+38	35:11.90		11:19.8	50.6%	35	5
	2 Lilliana Wutter	Frisco	(51)	19:46	+117	41:29.54		13:21.3	41.3%	43	9
	3 Sheila Holen	Lewisville	(52)	27:23	+59	55:43.95		17:56.3	31.1%	49	13
F60-64	1 Betsy Palmer	Carrollton	(62)	18:06	+101	37:53.45		12:11.8	52.5%	38	6
F70-74	1 Carol Creech	Aubrey	(72)	23:19	+31	47:09.03		15:10.6	49.4%	47	12

# 1M MALE

13 MALE Runners --- Average Time of **9:23** Avg. Age Grade: **52.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Vijayan Nair	Plano	(60)			6:29.50		6:29.5	71.1%	1	1
M20-24	1 Junyoung Cho	Sachse	(22)			11:02.94		11:02.9	33.6%	15	11
M40-44	1 Balaji Ammanji Sundararaju	Coppell	(41)			13:18.06		13:18.1	29.7%	19	12
M50-54	1 Marcus O'con	Dallas	(52)			8:24.92		8:24.9	51.2%	7	7
M55-59	1 Gary Spence	Allen	(56)			6:52.27		6:52.3	64.9%	2	2
	2 Steve Russo	Plano	(59)			8:20.16		8:20.2	54.9%	6	6
	3 Rob Preston	Irving	(58)			8:59.12		8:59.1	50.5%	8	8
M60-64	1 Jaws Hansen	Dallas	(63)			8:17.96		8:18.0	57.1%	5	5
	2 John Kramer	Plano	(61)			14:34.07		14:34.1	31.9%	21	13
M65-69	1 Julio Lopez	Farmers Branch	(67)			7:47.95		7:48.0	63.0%	3	3
	2 Ruben Arevalo	Carrollton	(68)			7:56.70		7:56.7	62.4%	4	4
	3 Victor Efenbein	Dallas	(65)			9:15.97		9:16.0	52.1%	10	9
M80-99	1 Wally Capps	Farmers Branch	(82)			10:40.12		10:40.1	59.7%	14	10

# 1M FEMALE

8 FEMALE Runners --- Average Time of **11:38** Avg. Age Grade: **45.9%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(57)			9:11.12		9:11.1	59.5%	9	1
F01-09	1 Abigail Meyer		(9)			10:21.10		10:21.1	48.0%	13	4
	2 Atifa Asreen Sadullah	Coppell	(9)			13:15.21		13:15.2	37.5%	17	6
	3 Kavya Balaji	Coppell	(7)			13:16.74		13:16.7	40.0%	18	7
F10-14	1 Atiquah Amreen Sadullah	Coppell	(14)			12:56.11		12:56.1	34.4%	16	5
F50-54	1 Debbie Riedner	Dallas	(54)			10:04.45		10:04.5	52.1%	12	3
	2 Ivannia Kanse	Lewisville	(54)			14:17.23		14:17.2	36.7%	20	8
F60-64	1 Yanira Lopez	Farmers Branch	(60)			9:39.25		9:39.3	59.1%	11	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7117 Vijayan Nair (M60)	1	M60-64	OA	---				6:29.50		6:29.5	22.18	6:29.50	71.1%
2	6806 Gary Spence (M56)	2	M55-59	1st	---				6:52.27		6:52.3	23.49	6:52.27	64.9%
3	7193 Julio Lopez (M67)	3	M65-69	1st	---				7:47.95		7:48.0	26.63	7:47.95	63.0%
4	7155 Ruben Arevalo (M68)	4	M65-69	2nd	---				7:56.70		7:56.7	27.14	7:56.70	62.4%
5	7060 Jaws Hansen (M63)	5	M60-64	1st	---				8:17.96		8:18.0	28.34	8:17.96	57.1%
6	7405 Steve Russo (M59)	6	M55-59	2nd	---				8:20.16		8:20.2	28.51	8:20.16	54.9%
7	7270 Marcus O'con (M52)	7	M50-54	1st	---				8:24.92		8:24.9	28.74	8:24.92	51.2%
8	7192 Rob Preston (M58)	8	M55-59	3rd	---				8:59.12		8:59.1	30.73	8:59.12	50.5%
9	7265 Kuay Sullivan (F57)	1	F55-59	OA	---				9:11.12		9:11.1	31.42	9:11.12	59.5%
10	7113 Victor Elfenbein (M65)	9	M65-69	3rd	---				9:15.97		9:16.0	31.65	9:15.97	52.1%
11	7198 Yanira Lopez (F60)	2	F60-64	1st	---				9:39.25		9:39.3	33.01	9:39.25	59.1%
12	7121 Debbie Riedner (F54)	3	F50-54	1st	---				10:04.45		10:04.5	34.44	10:04.45	52.1%
13	6011 Abigail Meyer (F9)	4	F01-09	1st	---				10:21.10	x	10:21.1	35.41	10:21.10	48.0%
14	7916 Wally Capps (M82)	10	M80-99	1st	---				10:40.12		10:40.1	36.49	10:40.12	59.7%
15	6684 Junyoung Cho (M22)	11	M20-24	1st	---				11:02.94	x	11:02.9	37.75	11:02.94	33.6%
16	6760 Atiqah Amreen Sadullah (F1)	5	F10-14	1st	---				12:56.11	x	12:56.1	44.25	12:56.11	34.4%
17	6761 Atifa Asreen Sadullah (F9)	6	F01-09	2nd	---				13:15.21		13:15.2	45.33	13:15.21	37.5%
18	6791 Kavya Balaji (F7)	7	F01-09	3rd	---				13:16.74		13:16.7	45.39	13:16.74	40.0%
19	6979 Balaji Ammanji Sundararaju (	12	M40-44	1st	---				13:18.06		13:18.1	45.50	13:18.06	29.7%
20	6008 Ivannia Kanse (F54)	8	F50-54	2nd	---				14:17.23	x	14:17.2	48.87	14:17.23	36.7%
21	7261 John Kramer (M61)	13	M60-64	2nd	---				14:34.07		14:34.1	49.83	14:34.07	31.9%

✓ No Club PR's

Average Finish Time: 10:14 4 First Timers

Average Age Grade: 50.0%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6994 John Shirk (M28)	1	M25-29	OA	---	8:17	8:56	+39	17:13.15		5:32.5	17.22	17:13.19	74.9%
2	6993 Chris Shirk (M26)	2	M25-29	1st	---	9:08	9:27	+19	18:35.00		5:58.9	18.58	18:35.05	69.4%
3	6729 Griffin Gurley (M31)	3	M30-34	1st	0.1	10:17	10:41	+24	20:57.85		6:44.9	20.95	20:57.90	61.8%
4	6015 Jaydin Turner (M14)	4	M10-14	1st	2.1	10:03	11:33	+90	21:35.87	x	6:57.1	21.58	21:38.00	65.7%
5	6623 Xin Chen (M48)	5	M45-49	MS	---	10:08	12:33	+145	22:40.94	x	7:18.0	22.67	22:40.99	64.0%
6	7270 Marcus O'con (M52)	6	M50-54	1st	3.4	11:33	11:07	-25	22:40.00		7:17.7	22.67	22:43.39	66.1%
7	7255 John Cosentino (M61)	7	M60-64	SR	2.6	11:11	11:30	+18	22:41.01		7:18.1	22.68	22:43.64	71.3%
8	7235 Yota Matsumoto (M13)	8	M10-14	2nd	4.1	11:48	12:04	+16	23:51.83	✓ 2	7:40.9	23.85	23:55.92	60.8%
9	7117 Vijayan Nair (M60)	9	M60-64	1st	---	11:47	12:14	+27	24:01.03		7:43.8	24.02	24:01.03	66.8%
10	7234 Atsushi Matsumoto (M40)	10	M40-44	1st	4.0	11:49	12:11	+22	23:59.55	✓ 3	7:43.3	23.98	24:03.56	56.9%
11	6007 Evans Kangethe (M17)	11	M15-19	1st	4.4	11:42	12:18	+37	23:59.70	✓ 1	7:43.4	23.98	24:04.15	56.3%
12	6806 Gary Spence (M56)	12	M55-59	1st	1.4	11:51	12:31	+40	24:21.48		7:50.4	24.35	24:22.91	63.6%
13	7408 Charlie Meyer (M15)	13	M15-19	2nd	4.1	12:44	12:07	-37	24:51.24		7:60.0	24.85	24:55.34	56.0%
14	6685 Kyoungjoon Cho (M53)	14	M50-54	2nd	4.6	12:07	13:13	+65	25:20.26		8:09.3	25.33	25:24.82	59.6%
15	6807 Serge Reshetnikov (M38)	15	M35-39	1st	1.5	12:08	13:18	+71	25:26.01		8:11.2	25.43	25:27.47	52.9%
16	7405 Steve Russo (M59)	16	M55-59	2nd	3.0	12:42	13:06	+24	25:48.04		8:18.3	25.80	25:51.02	61.6%
17	7193 Julio Lopez (M67)	17	M65-69	1st	0.9	13:05	13:04	-1	26:09.38		8:25.1	26.15	26:10.27	65.3%
18	7236 Takumi Matsumoto (M11)	18	M10-14	3rd	3.7	12:54	13:13	+19	26:07.45	✓ 2	8:24.5	26.12	26:11.11	58.5%
19	7012 Doug Waters (M58)	19	M55-59	3rd	10.0	12:58	13:05	+7	26:03.00		8:23.1	26.05	26:13.04	60.5%
20	6684 Junyoung Cho (M22)	20	M20-24	1st	4.3	13:21	12:51	-30	26:11.38		8:25.8	26.18	26:15.66	49.3%
21	6013 David Gohrig (M10)	21	M10-14	4th	4.1	13:47	13:40	-7	27:26.64	x	8:50.0	27.43	27:30.78	57.5%
22	6010 Don Gehrig (M48)	22	M45-49	1st	4.9	13:47	13:43	-4	27:30.23	x	8:51.2	27.50	27:35.15	52.8%
23	7155 Ruben Arevalo (M68)	23	M65-69	2nd	0.2	14:02	14:40	+38	28:41.88		9:14.2	28.68	28:42.10	60.1%
24	7192 Rob Preston (M58)	24	M55-59	4th	3.1	14:09	14:40	+31	28:49.17		9:16.6	28.82	28:52.24	54.7%
25	7060 Jaws Hansen (M63)	25	M60-64	2nd	1.7	14:34	14:21	-13	28:55.56		9:18.6	28.92	28:57.27	56.9%
26	7265 Kuay Sullivan (F57)	1	F55-59	OA	6.1	14:49	14:39	-10	29:27.72		9:29.0	29.45	29:33.87	62.9%
27	6979 Balaji Ammanji Sundararaju (	26	M40-44	2nd	9.5	14:03	15:34	+91	29:37.47		9:32.1	29.62	29:47.00	46.4%
28	6622 Spencer Tubbs (M26)	27	M25-29	2nd	2.9	14:13	17:55	+222	32:07.71	x	10:20.5	32.12	32:10.60	40.2%

FN\*:  Broke Age-Group Record

**GD** Place among Females

△ Positive Split

Timing provided by:

7/30/2023

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

△ Negative Split

 DeltaViewTiming.com

29	7044	Amie Goins (F51)	2	F50-54	MS	7.3	15:23	16:44	+82	32:07.09		10:20.3	32.12	32:14.42	53.3%
30	6730	Magaly Vasquez (F30)	3	F30-34	1st	6.0	15:56	16:46	+50	32:41.85	✓ 1	10:31.5	32.68	32:47.88	45.3%
31	6645	Justin Zhu (M18)	28	M15-19	3rd	2.2	13:57	18:59	+302	32:55.46	⊗	10:35.8	32.92	32:57.63	40.5%
32	7466	Andrew Ngotho (M56)	29	M55-59	5th	9.5	16:06	17:17	+71	33:23.62		10:44.9	33.38	33:33.14	46.4%
33	7198	Yanira Lopez (F60)	4	F60-64	SR	15.1	16:17	17:22	+65	33:38.45		10:49.7	33.63	33:53.58	57.5%
34	7916	Wally Capps (M82)	30	M80-99	1st	14.9	17:00	17:02	+2	34:02.43		10:57.4	34.03	34:17.33	65.1%
35	7121	Debbie Riedner (F54)	5	F50-54	1st	8.2	17:17	17:55	+38	35:11.90		11:19.8	35.18	35:20.06	50.6%
36	6727	John Menzies (M41)	31	M40-44	3rd	5.5	16:17	19:02	+164	35:18.94	✓ 1	11:22.0	35.30	35:24.49	38.9%
37	7050	Chris Goins (M53)	32	M50-54	3rd	8.4	16:06	20:29	+263	36:34.57		11:46.4	36.57	36:42.94	41.3%
38	7454	Betsy Palmer (F62)	6	F60-64	1st	15.5	18:06	19:47	+101	37:53.45		12:11.8	37.88	38:09.00	52.5%
39	6009	Aryanne Ramsey (F18)	7	F15-19	1st	0.7	16:36	22:27	+351	39:03.25	⊗	12:34.2	39.05	39:03.99	38.3%
40	7113	Victor Elfenbein (M65)	33	M65-69	3rd	7.0	17:33	22:07	+274	39:39.76		12:46.0	39.65	39:46.80	42.3%
41	6012	John Ramsey (M60)	34	M60-64	3rd	2.8	20:26	20:26	+0	40:52.32	⊗	13:09.3	40.87	40:55.09	39.2%
42	6006	Rhiann Ramsey (F15)	8	F15-19	2nd	2.1	19:55	21:26	+91	41:20.58	⊗	13:18.4	41.33	41:22.66	37.5%
43	7530	Lilliana Wutter (F51)	9	F50-54	2nd	6.8	19:46	21:43	+117	41:29.54		13:21.3	41.48	41:36.29	41.3%
44	6980	Yuvathi Balaji (F11)	10	F10-14	1st	0.7	20:15	22:42	+147	42:57.43		13:49.6	42.95	42:58.08	38.7%
45	6759	Aqeela Afreen Sadullah (F15)	11	F15-19	3rd	0.7	20:14	22:51	+157	43:05.23		13:52.1	43.08	43:05.89	36.0%
46	7529	Carlos Ordonez (M52)	35	M50-54	4th	19.3	22:30	22:29	-1	44:58.91		14:28.7	44.97	45:18.18	33.3%
47	7024	Carol Creech (F72)	12	F70-74	1st	8.8	23:19	23:50	+31	47:09.03		15:10.6	47.15	47:17.80	49.4%
48	7106	Robert Simpson (M68)	36	M65-69	4th	17.7	23:55	24:56	+61	48:51.52		15:43.6	48.85	49:09.21	35.3%
49	7246	Sheila Holen (F52)	13	F50-54	3rd	21.3	27:23	28:21	+59	55:43.95		17:56.3	55.72	56:05.30	31.1%
50	7261	John Kramer (M61)	37	M60-64	4th	607.0	29:06	31:00	+114	1:00:06.05		19:20.7	60.101	10:13.03	26.9%

40 Positive Split      10 Negative Split      ✓ 6 Club PR's      Average Finish Time: 31:53      9 First Timers      Average Age Grade: 52.3%

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Vijayan Nair	M60	6:29.50	71.1%	
2	2	Gary Spence	M56	6:52.27	64.9%	
3	3	Julio Lopez	M67	7:47.95	63.0%	
4	4	Ruben Arevalo	M68	7:56.70	62.4%	
5	14	Wally Capps	M82	10:40.12	59.7%	
6	9	Kuay Sullivan	F57	9:11.12	59.5%	
7	11	Yanira Lopez	F60	9:39.25	59.1%	
8	5	Jaws Hansen	M63	8:17.96	57.1%	
9	6	Steve Russo	M59	8:20.16	54.9%	
10	12	Debbie Riedner	F54	10:04.45	52.1%	
11	10	Victor Efenbein	M65	9:15.97	52.1%	
12	7	Marcus O'con	M52	8:24.92	51.2%	
13	8	Rob Preston	M58	8:59.12	50.5%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M28	17:13.15	74.9%	
2	7	John Cosentino	M61	22:41.01	71.3%	
3	2	Chris Shirk	M26	18:35.00	69.4%	
4	9	Vijayan Nair	M60	24:01.03	66.8%	
5	6	Marcus O'con	M52	22:40.00	66.1%	
6	4	Jaydin Turner	M14	21:35.87	65.7%	New
7	17	Julio Lopez	M67	26:09.38	65.3%	
8	34	Wally Capps	M82	34:02.43	65.1%	
9	5	Xin Chen	M48	22:40.94	64.0%	
10	12	Gary Spence	M56	24:21.48	63.6%	
11	26	Kuay Sullivan	F57	29:27.72	62.9%	
12	3	Griffin Gurley	M31	20:57.85	61.8%	
13	16	Steve Russo	M59	25:48.04	61.6%	
14	8	Yota Matsumoto	M13	23:51.83	60.8%	
15	19	Doug Waters	M58	26:03.00	60.5%	
16	23	Ruben Arevalo	M68	28:41.88	60.1%	
17	14	Kyoungjoon Cho	M53	25:20.26	59.6%	
18	18	Takumi Matsumoto	M11	26:07.45	58.5%	
19	21	David Gohrig	M10	27:26.64	57.5%	
20	33	Yanira Lopez	F60	33:38.45	57.5%	
21	25	Jaws Hansen	M63	28:55.56	56.9%	
22	10	Atsushi Matsumoto	M40	23:59.55	56.9%	
23	11	Evans Kangethe	M17	23:59.70	56.3%	
24	13	Charlie Meyer	M15	24:51.24	56.0%	
25	24	Rob Preston	M58	28:49.17	54.7%	
26	29	Amie Goins	F51	32:07.09	53.3%	
27	15	Serge Reshetnikov	M38	25:26.01	52.9%	
28	22	Don Gehrig	M48	27:30.23	52.8%	
29	38	Betsy Palmer	F62	37:53.45	52.5%	
30	35	Debbie Riedner	F54	35:11.90	50.6%	

**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