

Mile Overall		5K Overall		5K Masters		5K Seniors	
Jaydin Turner	6:10.11	Jaydin Turner	20:21.95	Marcus O'con	22:57.59	John Cosentino	23:04.48
Emily Whitehurst	9:33.09	Kim Andres	29:25.13	Amie Goins	31:14.06	Yanira Lopez	35:08.31

## 5K MALE

		16 MALE Runners --- Average Time of <b>31:13</b>						Avg. Age Grade: <b>54.8%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jaydin Turner	Carrollton	(14)	9:47	+47	<b>20:21.95</b>	ℳ	6:33.3	69.7%	1	1
MASTERS	1 Marcus O'con	Dallas	(52)	11:32	-7	<b>22:57.59</b>	ℳ	7:23.4	65.3%	2	2
SENIORS	1 John Cosentino	Plano	(61)	11:32	+0	<b>23:04.48</b>	ℳ	7:25.6	70.1%	3	3
M40-44	1 Simon Rose	Carrollton	(41)	14:42	+33	<b>29:56.39</b>	✓	9:38.2	45.9%	10	9
M50-54	1 Francisco Espinosa	Carrollton	(53)	12:46	+31	<b>26:02.08</b>	ℳ✓	8:22.8	58.0%	6	6
	2 Nathan Bruser	Carrollton	(52)	15:08	-4	<b>30:12.95</b>		9:43.5	49.6%	21	15
	3 Chris Goins	Garland	(53)	15:35	+107	<b>32:56.34</b>		10:36.1	45.9%	14	11
	4 Carlos Ordonez	Carrollton	(53)	23:00	-73	<b>44:47.25</b>		14:24.9	33.7%	20	14
M55-59	1 Andrew Ngotho	Carrollton	(57)	15:34	+40	<b>31:48.15</b>	ℳ	10:14.2	49.1%	13	10
M60-64	1 Steve Russo	Plano	(60)	12:24	-1	<b>24:47.45</b>	ℳ	7:58.8	64.7%	4	4
	2 Vijayan Nair	Plano	(61)	12:41	+37	<b>25:59.37</b>	ℳ	8:21.9	62.3%	5	5
	3 John Kramer	Plano	(61)	28:45	+76	<b>58:45.59</b>	ℳ	18:54.8	27.5%	24	16
M65-69	1 Julio Lopez	Farmers Branch	(68)	13:32	+50	<b>27:54.48</b>	ℳ	8:59.0	61.8%	7	7
	2 Ruben Arevalo	Carrollton	(68)	13:49	+69	<b>28:45.92</b>	ℳ	9:15.5	60.0%	8	8
	3 Robert Simpson	Coppell	(68)	17:45	+37	<b>36:06.99</b>		11:37.5	47.8%	17	13
M80-99	1 Wally Capps	Farmers Branch	(83)	17:20	+22	<b>35:00.85</b>	ℳ	11:16.2	65.1%	16	12

## 5K FEMALE

		8 FEMALE Runners --- Average Time of <b>36:57</b>						Avg. Age Grade: <b>52.2%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(70)	14:22	+41	<b>29:25.13</b>		9:28.1	76.6%	9	1
MASTERS	1 Amie Goins	Garland	(52)	15:20	+34	<b>31:14.06</b>		10:03.2	55.6%	12	3
SENIORS	1 Yanira Lopez	Farmers Branch	(60)	17:09	+51	<b>35:08.31</b>	ℳ	11:18.6	55.0%	15	4
F10-14	1 Blake Bruser	Carrollton	(14)	15:06	+3	<b>30:16.07</b>		9:44.5	51.9%	22	7
F35-39	1 Emily Whitehurst	Carrollton	(37)	15:05	+36	<b>30:46.11</b>	ℳ✓	9:54.2	49.0%	11	2
F50-54	1 Lilliana Wutter	Frisco	(51)	17:49	+57	<b>36:35.99</b>	✓	11:46.8	46.8%	18	5
	2 Sheila Holen	Lewisville	(52)	28:36	+19	<b>57:30.55</b>		18:30.6	30.2%	23	8
F70-74	1 Carol Creech	Aubrey	(72)	22:29	-20	<b>44:38.75</b>		14:22.2	52.2%	19	6

# 1M MALE

11 MALE Runners --- Average Time of **8:57** Avg. Age Grade: **55.2%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD	
OVERALL	1	Jaydin Turner	Carrollton	(14)				<b>6:10.11</b>	6:10.1	<b>66.2%</b>	1	1
M50-54	1	Francisco Espinosa	Carrollton	(53)				<b>7:41.75</b>	✓ 7:41.8	56.5%	3	3
	2	Marcus O'con	Dallas	(52)				<b>8:31.60</b>	8:31.6	50.6%	8	8
M55-59	1	Andrew Ngotho	Carrollton	(57)				<b>9:15.49</b>	9:15.5	48.5%	9	9
M60-64	1	John Cosentino	Plano	(61)				<b>7:19.11</b>	7:19.1	<b>63.6%</b>	2	2
	2	Vijayan Nair	Plano	(61)				<b>8:00.10</b>	8:00.1	58.2%	4	4
	3	Steve Russo	Plano	(60)				<b>8:28.73</b>	8:28.7	54.4%	7	7
	4	John Kramer	Plano	(61)				<b>15:19.29</b>	15:19.3	30.4%	13	11
M65-69	1	Julio Lopez	Farmers Branch	(68)				<b>8:07.02</b>	8:07.0	<b>61.1%</b>	5	5
	2	Ruben Arevalo	Carrollton	(68)				<b>8:17.81</b>	8:17.8	59.8%	6	6
M80-99	1	Wally Capps	Farmers Branch	(83)				<b>11:21.41</b>	11:21.4	57.7%	12	10

# 1M FEMALE

2 FEMALE Runners --- Average Time of **9:52** Avg. Age Grade: **50.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD	
OVERALL	1	Emily Whitehurst	Carrollton	(37)				<b>9:33.09</b>	✓ 9:33.1	45.2%	10	<b>1</b>
F60-64	1	Yanira Lopez	Farmers Branch	(60)				<b>10:11.14</b>	10:11.1	56.0%	11	<b>2</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6710 Jaydin Turner (M14)	1	M10-14	OA	---				6:10.11		6:10.1	21.10	6:10.11	66.2%
2	7255 John Cosentino (M61)	2	M60-64	1st	---				7:19.11		7:19.1	25.03	7:19.11	63.6%
3	6001 Francisco Espinosa (M53)	3	M50-54	1st	---				7:41.75	✓ 1	7:41.8	26.29	7:41.75	56.5%
4	7117 Vijayan Nair (M61)	4	M60-64	2nd	---				8:00.10		8:00.1	27.37	8:00.10	58.2%
5	7193 Julio Lopez (M68)	5	M65-69	1st	---				8:07.02		8:07.0	27.77	8:07.02	61.1%
6	7155 Ruben Arevalo (M68)	6	M65-69	2nd	---				8:17.81		8:17.8	28.34	8:17.81	59.8%
7	7405 Steve Russo (M60)	7	M60-64	3rd	---				8:28.73		8:28.7	28.97	8:28.73	54.4%
8	7270 Marcus O'con (M52)	8	M50-54	2nd	---				8:31.60		8:31.6	29.14	8:31.60	50.6%
9	7466 Andrew Ngotho (M57)	9	M55-59	1st	---				9:15.49	✗	9:15.5	31.65	9:15.49	48.5%
10	7586 Emily Whitehurst (F37)	1	F35-39	OA	---				9:33.09	✓ 3	9:33.1	32.67	9:33.09	45.2%
11	7198 Yanira Lopez (F60)	2	F60-64	1st	---				10:11.14		10:11.1	34.84	10:11.14	56.0%
12	7916 Wally Capps (M83)	10	M80-99	1st	---				11:21.41		11:21.4	38.83	11:21.41	57.7%
13	6999 John Kramer (M61)	11	M60-64	4th	---				15:19.29		15:19.3	52.40	15:19.29	30.4%

✓ 2 Club PR's

Average Finish Time: 09:06 1 First Timers

Average Age Grade: 54.5%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6710 Jaydin Turner (M14)	1	M10-14	OA	0.3	9:47	10:35	+47	20:21.95	ℓ	6:33.3	20.35	20:22.27	69.7%
2	7270 Marcus O'con (M52)	2	M50-54	MS	1.6	11:32	11:25	-7	22:57.59	ℓ	7:23.4	22.95	22:59.15	65.3%
3	7255 John Cosentino (M61)	3	M60-64	SR	0.7	11:32	11:32	+0	23:04.48	ℓ	7:25.6	23.07	23:05.13	70.1%
4	7405 Steve Russo (M60)	4	M60-64	1st	2.4	12:24	12:23	-1	24:47.45	ℓ	7:58.8	24.78	24:49.87	64.7%
5	7117 Vijayan Nair (M61)	5	M60-64	2nd	0.4	12:41	13:18	+37	25:59.37	ℓ	8:21.9	25.98	25:59.72	62.3%
6	6001 Francisco Espinosa (M53)	6	M50-54	1st	2.5	12:46	13:17	+31	26:02.08	ℓ ✓ 1	8:22.8	26.03	26:04.54	58.0%
7	7193 Julio Lopez (M68)	7	M65-69	1st	1.5	13:32	14:22	+50	27:54.48	ℓ	8:59.0	27.90	27:56.00	61.8%
8	7155 Ruben Arevalo (M68)	8	M65-69	2nd	0.3	13:49	14:57	+69	28:45.92	ℓ	9:15.5	28.75	28:46.27	60.0%
9	7040 Kim Andres (F70)	1	F70-74	OA	1.4	14:22	15:03	+41	29:25.13		9:28.1	29.42	29:26.55	76.6%
10	6652 Simon Rose (M41)	9	M40-44	1st	3.5	14:42	15:14	+33	29:56.39	✓ 4	9:38.2	29.93	29:59.90	45.9%
11	7586 Emily Whitehurst (F37)	2	F35-39	1st	6.8	15:05	15:41	+36	30:46.11	ℓ ✓ 12	9:54.2	30.77	30:52.88	49.0%
12	7044 Amie Goins (F52)	3	F50-54	MS	4.1	15:20	15:54	+34	31:14.06		10:03.2	31.23	31:18.11	55.6%
13	7466 Andrew Ngotho (M57)	10	M55-59	1st	4.8	15:34	16:14	+40	31:48.15	ℓ	10:14.2	31.80	31:52.99	49.1%
14	7050 Chris Goins (M53)	11	M50-54	3rd	5.2	15:35	17:22	+107	32:56.34		10:36.1	32.93	33:01.52	45.9%
15	7198 Yanira Lopez (F60)	4	F60-64	SR	5.3	17:09	18:00	+51	35:08.31	ℓ	11:18.6	35.13	35:13.64	55.0%
16	7916 Wally Capps (M83)	12	M80-99	1st	20.5	17:20	17:41	+22	35:00.85	ℓ	11:16.2	35.00	35:21.36	65.1%
17	7106 Robert Simpson (M68)	13	M65-69	3rd	16.4	17:45	18:22	+37	36:06.99		11:37.5	36.10	36:23.34	47.8%
18	7530 Lilliana Wutter (F51)	5	F50-54	1st	4.8	17:49	18:47	+57	36:35.99	✓ 9	11:46.8	36.58	36:40.75	46.8%
19	7024 Carol Creech (F72)	6	F70-74	1st	9.8	22:29	22:10	-20	44:38.75		14:22.2	44.63	44:48.55	52.2%
20	7529 Carlos Ordenez (M53)	14	M50-54	4th	18.5	23:00	21:47	-73	44:47.25		14:24.9	44.78	45:05.80	33.7%
21	7097 Nathan Bruser (M52)	15	M50-54	2nd	931.3	15:08	15:05	-4	30:12.95		9:43.5	30.20	45:44.28	49.6%
22	7096 Blake Bruser (F14)	7	F10-14	1st	931.5	15:06	15:10	+3	30:16.07		9:44.5	30.27	45:47.52	51.9%
23	7246 Sheila Holen (F52)	8	F50-54	2nd	15.1	28:36	28:55	+19	57:30.55		18:30.6	57.50	57:45.63	30.2%
24	6999 John Kramer (M61)	16	M60-64	3rd	266.6	28:45	30:01	+76	58:45.59	ℓ	18:54.8	58.751	03:12.23	27.5%

19 Positive Split

5 Negative Split

✓ 4 Club PR's

Average Finish Time: 33:07

Average Age Grade: 53.9%

FN\*:  Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

10/29/2023

ℓ 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	Jaydin Turner	M14	6:10.11	66.2%	
2	2	John Cosentino	M61	7:19.11	63.6%	
3	5	Julio Lopez	M68	8:07.02	61.1%	
4	6	Ruben Arevalo	M68	8:17.81	59.8%	
5	4	Vijayan Nair	M61	8:00.10	58.2%	
6	12	Wally Capps	M83	11:21.41	57.7%	
7	3	Francisco Espinosa	M53	7:41.75	56.5%	
8	11	Yanira Lopez	F60	10:11.14	56.0%	
9	7	Steve Russo	M60	8:28.73	54.4%	
10	8	Marcus O'con	M52	8:31.60	50.6%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	9	Kim Andres	F70	29:25.13	76.6%	
2	3	John Cosentino	M61	23:04.48	70.1%	
3	1	Jaydin Turner	M14	20:21.95	69.7%	
4	2	Marcus O'con	M52	22:57.59	65.3%	
5	16	Wally Capps	M83	35:00.85	65.1%	
6	4	Steve Russo	M60	24:47.45	64.7%	
7	5	Vijayan Nair	M61	25:59.37	62.3%	
8	7	Julio Lopez	M68	27:54.48	61.8%	
9	8	Ruben Arevalo	M68	28:45.92	60.0%	
10	6	Francisco Espinosa	M53	26:02.08	58.0%	
11	12	Amie Goins	F52	31:14.06	55.6%	
12	15	Yanira Lopez	F60	35:08.31	55.0%	
13	19	Carol Creech	F72	44:38.75	52.2%	
14	22	Blake Bruser	F14	30:16.07	51.9%	

**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