

Mile Overall		5K Overall		5K Masters		5K Seniors	
Jaydin Turner	5:40.25	Zachary Maier	17:52.20	John Cosentino	22:19.88	Guy Harris	23:26.04
Blake Bruser	7:15.84	Kim Andres	29:06.21	Kuay Sullivan	30:14.10	Yanira Lopez	36:24.47

## 5K MALE

		26 MALE Runners --- Average Time of <b>32:46</b>						Avg. Age Grade: <b>51.4%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
<b>OVERALL</b>	1 <b>Zachary Maier</b>	Flower Mound	(19)	8:49	+14	<b>17:52.20</b>		5:45.1	<b>73.7%</b>	1	1
<b>MASTERS</b>	1 <b>John Cosentino</b>	Plano	(61)			<b>22:19.88</b>		7:11.3	<b>72.5%</b>	3	3
<b>SENIORS</b>	1 <b>Guy Harris</b>	Lewisville	(62)			<b>23:26.04</b>	✓	7:32.6	<b>69.7%</b>	5	5
<b>M10-14</b>	1 <b>Jaydin Turner</b>	Carrollton	(14)	10:41	+46	<b>22:08.11</b>	ML	7:07.5	<b>64.1%</b>	2	2
	2 <b>Alex Toth</b>	Coppell	(10)			<b>39:24.05</b>		12:40.9	40.1%	30	22
<b>M20-24</b>	1 <b>Francisco(03) Espinoza</b>	Carrollton	(20)			<b>32:01.75</b>	ML	10:18.6	40.7%	18	14
	2 <b>Caden Garley</b>	Carrollton	(21)			<b>49:57.94</b>		16:04.9	25.9%	37	24
<b>M40-44</b>	1 <b>Balaji Ammanji Sundararaju</b>	Coppell	(41)			<b>34:31.85</b>	ML	11:06.9	39.8%	21	16
	2 <b>Gabor Toth</b>	Coppell	(43)			<b>35:43.56</b>	ML	11:29.9	39.1%	24	19
<b>M50-54</b>	1 <b>Marcus O'con</b>	Dallas	(52)			<b>23:13.29</b>	ML	7:28.5	<b>64.5%</b>	4	4
	2 <b>Francisco Espinoza</b>	Carrollton	(53)			<b>24:20.15</b>	ML	7:50.0	<b>62.1%</b>	7	7
	3 <b>Deuk Lee</b>	Irving	(51)			<b>27:00.25</b>		8:41.5	55.1%	9	9
	4 <b>Chris Goins</b>	Garland	(53)			<b>34:52.35</b>		11:13.5	43.3%	22	17
	5 <b>Nathan Bruser</b>	Carrollton	(52)			<b>35:27.24</b>	ML	11:24.7	42.3%	23	18
	6 <b>Carlos Ordonez</b>	Carrollton	(53)			<b>45:44.37</b>		14:43.3	33.0%	31	23
<b>M55-59</b>	1 <b>Rob Preston</b>	Irving	(58)			<b>28:25.50</b>		9:08.9	55.5%	12	12
	2 <b>Andrew Ngotho</b>	Carrollton	(57)			<b>33:42.76</b>		10:51.1	46.4%	26	20
<b>M60-64</b>	1 <b>Steve Russo</b>	Plano	(60)			<b>23:28.69</b>	ML	7:33.4	<b>68.3%</b>	6	6
	2 <b>Vijayan Nair</b>	Plano	(60)			<b>27:45.03</b>	ML	8:55.9	57.8%	10	10
	3 <b>Jaws Hansen</b>	Dallas	(63)			<b>27:51.31</b>	ML	8:57.9	59.1%	11	11
	4 <b>John Kramer</b>	Plano	(61)			<b>58:01.78</b>	ML	18:40.7	27.9%	41	26
<b>M65-69</b>	1 <b>Julio Lopez</b>	Farmers Branch	(67)			<b>26:43.45</b>	ML	8:36.1	<b>63.9%</b>	8	8
	2 <b>Ruben Arevalo</b>	Carrollton	(68)			<b>29:50.15</b>	ML	9:36.2	57.8%	14	13
	3 <b>Ruben Reyes</b>	Carrollton	(67)			<b>32:12.27</b>		10:21.9	53.1%	19	15
	4 <b>Robert Simpson</b>	Coppell	(68)			<b>38:46.28</b>		12:28.8	44.5%	28	21
<b>M75-79</b>	1 <b>Jerry Mclellan</b>	Illinois	(78)			<b>56:52.77</b>		18:18.5	35.3%	40	25

# 5K FEMALE

15 FEMALE Runners --- Average Time of

41:57

Avg. Age Grade: 44.5%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(70)			29:06.21	☐	9:22.1	77.4%	13	1
MASTERS	1 Kuay Sullivan	Coppell	(57)			30:14.10	ℓ	9:43.9	61.3%	15	2
SENIORS	1 Yanira Lopez	Farmers Branch	(60)			36:24.47	ℓ	11:43.1	53.1%	25	6
F10-14	1 Yuvathi Balaji	Coppell	(11)			34:34.38	✓	11:07.7	48.1%	20	5
	2 Blake Bruser	Carrollton	(14)			39:05.46	ℓ	12:34.9	40.2%	29	8
	3 Atiquah Amreen Sadullah	Coppell	(14)			50:01.39		16:06.1	31.4%	35	12
F15-19	1 Aqeela Afreen Sadullah	Coppell	(16)			49:34.04		15:57.3	30.9%	33	10
F20-24	1 Izela Salas	Carrollton	(21)			49:58.18		16:05.0	29.6%	36	13
F35-39	1 Emily Whitehurst	Carrollton	(37)			31:45.03	ℓ	10:13.2	47.5%	17	4
F45-49	1 Mireya Salas	Carrollton	(48)			49:32.95		15:56.9	33.3%	34	11
F50-54	1 Amie Goins	Garland	(51)			31:43.99		10:12.8	54.0%	16	3
	2 Lilliana Wutter	Frisco	(51)			37:29.71	✓	12:04.1	45.7%	27	7
	3 Sheila Holen	Lewisville	(52)			56:40.73		18:14.6	30.6%	39	15
F55-59	1 Susan Schafer	Carrollton	(58)			46:12.07		14:52.2	40.7%	32	9
F75-79	1 Joan Mclellan	Illinois	(75)			56:49.98		18:17.6	43.2%	38	14

# 1M MALE

13 MALE Runners --- Average Time of

8:43

Avg. Age Grade: 53.3%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jaydin Turner	Carrollton	(14)			5:40.25		5:40.3	72.0%	1	1
M20-24	1 Francisco(03) Espinoza	Carrollton	(20)			7:35.09		7:35.1	49.4%	5	4
M40-44	1 Gabor Toth	Coppell	(43)			7:04.94		7:04.9	56.7%	2	2
	2 Balaji Ammanji Sundararaju	Coppell	(41)			13:31.54		13:31.5	29.2%	18	12
M50-54	1 Francisco Espinoza	Carrollton	(53)			7:26.66		7:26.7	58.4%	4	3
	2 Marcus O'con	Dallas	(52)			8:23.77		8:23.8	51.3%	11	10
	3 Nathan Bruser	Carrollton	(52)			9:29.19		9:29.2	45.4%	12	11
M60-64	1 Vijayan Nair	Plano	(60)			7:39.49		7:39.5	60.2%	6	5
	2 Jaws Hansen	Dallas	(63)			8:14.17		8:14.2	57.5%	9	8
	3 Steve Russo	Plano	(60)			8:19.42		8:19.4	55.4%	10	9
	4 John Kramer	Plano	(61)			14:02.66		14:02.7	33.1%	19	13
M65-69	1 Julio Lopez	Farmers Branch	(67)			7:40.99		7:41.0	64.0%	7	6
	2 Ruben Arevalo	Carrollton	(68)			8:12.18		8:12.2	60.5%	8	7

# 1M FEMALE

6 FEMALE Runners --- Average Time of

10:30

Avg. Age Grade: 49.8%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blake Bruser	Carrollton	(14)			7:15.84		7:15.8	61.3%	3	1
F01-09	1 Atifa Asreen Sadullah	Coppell	(9)			13:22.38		13:22.4	37.2%	16	5
	2 Kavya Balaji	Coppell	(7)			13:28.45		13:28.5	39.5%	17	6
F35-39	1 Emily Whitehurst	Carrollton	(37)			9:35.24		9:35.2	45.1%	14	3
F55-59	1 Kuay Sullivan	Coppell	(57)			9:29.73		9:29.7	57.6%	13	2
F60-64	1 Yanira Lopez	Farmers Branch	(60)			9:48.73		9:48.7	58.2%	15	4

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

9/24/2023

ℓ 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	6710 Jaydin Turner (M14)	1	M10-14	OA	---				5:40.25	⊗	5:40.3	19.39	5:40.25	72.0%
2	7380 Gabor Toth (M43)	2	M40-44	1st	---				7:04.94		7:04.9	24.18	7:04.94	56.7%
3	7096 Blake Bruser (F14)	1	F10-14	OA	---				7:15.84		7:15.8	24.80	7:15.84	61.3%
4	6001 Francisco Espinoza (M53)	3	M50-54	1st	---				7:26.66	⊗	7:26.7	25.43	7:26.66	58.4%
5	6002 Francisco(03) Espinoza (M20)	4	M20-24	1st	---				7:35.09	⊗	7:35.1	25.94	7:35.09	49.4%
6	7117 Vijayan Nair (M60)	5	M60-64	1st	---				7:39.49		7:39.5	26.17	7:39.49	60.2%
7	7193 Julio Lopez (M67)	6	M65-69	1st	---				7:40.99		7:41.0	26.23	7:40.99	64.0%
8	7155 Ruben Arevalo (M68)	7	M65-69	2nd	---				8:12.18		8:12.2	28.05	8:12.18	60.5%
9	7060 Jaws Hansen (M63)	8	M60-64	2nd	---				8:14.17		8:14.2	28.17	8:14.17	57.5%
10	7405 Steve Russo (M60)	9	M60-64	3rd	---				8:19.42		8:19.4	28.45	8:19.42	55.4%
11	7270 Marcus O'con (M52)	10	M50-54	2nd	---				8:23.77		8:23.8	28.68	8:23.77	51.3%
12	7097 Nathan Bruser (M52)	11	M50-54	3rd	---				9:29.19		9:29.2	32.44	9:29.19	45.4%
13	7265 Kuay Sullivan (F57)	2	F55-59	1st	---				9:29.73		9:29.7	32.44	9:29.73	57.6%
14	6998 Emily Whitehurst (F37)	3	F35-39	1st	---				9:35.24		9:35.2	32.79	9:35.24	45.1%
15	7198 Yanira Lopez (F60)	4	F60-64	1st	---				9:48.73		9:48.7	33.53	9:48.73	58.2%
16	6761 Atifa Asreen Sadullah (F9)	5	F01-09	1st	---				13:22.38		13:22.4	45.73	13:22.38	37.2%
17	6791 Kavya Balaji (F7)	6	F01-09	2nd	---				13:28.45		13:28.5	46.07	13:28.45	39.5%
18	6979 Balaji Ammanji Sundararaju (	12	M40-44	2nd	---				13:31.54		13:31.5	46.24	13:31.54	29.2%
19	6999 John Kramer (M61)	13	M60-64	4th	---				14:02.66		14:02.7	48.01	14:02.66	33.1%

✓ No Club PR's

Average Finish Time: 09:16 3 First Timers

Average Age Grade: 52.2%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6840 Zachary Maier (M19)	1	M15-19	OA	---	8:49	9:03	+14	17:52.20	⊗	5:45.1	17.87	17:52.20	73.7%
2	6710 Jaydin Turner (M14)	2	M10-14	1st	---	10:41	11:27	+46	22:08.11	⌂	7:07.5	22.13	22:08.10	64.1%
3	7255 John Cosentino (M61)	3	M60-64	MS	0.3				22:19.88		7:11.3	22.32	22:20.13	72.5%
4	7270 Marcus O'con (M52)	4	M50-54	1st	1.7				23:13.29	⌂	7:28.5	23.22	23:15.03	64.5%
5	6841 Guy Harris (M62)	5	M60-64	SR	2.1				23:26.04	✓ 1	7:32.6	23.43	23:28.18	69.7%
6	7405 Steve Russo (M60)	6	M60-64	1st	1.6				23:28.69	⌂	7:33.4	23.47	23:30.31	68.3%
7	6001 Francisco Espinoza (M53)	7	M50-54	2nd	5.2				24:20.15	⌂ ⊗	7:50.0	24.33	24:25.31	62.1%
8	7193 Julio Lopez (M67)	8	M65-69	1st	0.8				26:43.45	⌂	8:36.1	26.72	26:44.21	63.9%
9	7243 Deuk Lee (M51)	9	M50-54	3rd	3.3				27:00.25		8:41.5	27.00	27:03.54	55.1%
10	7117 Vijayan Nair (M60)	10	M60-64	2nd	---				27:45.03	⌂	8:55.9	27.75	27:45.03	57.8%
11	7060 Jaws Hansen (M63)	11	M60-64	3rd	0.1				27:51.31	⌂	8:57.9	27.85	27:51.42	59.1%
12	7192 Rob Preston (M58)	12	M55-59	2nd	7.5				28:25.50		9:08.9	28.42	28:32.98	55.5%
13	7040 Kim Andres (F70)	1	F70-74	OA	2.1				29:06.21	□	9:22.1	29.10	29:08.35	77.4%
14	7155 Ruben Arevalo (M68)	13	M65-69	2nd	0.6				29:50.15	⌂	9:36.2	29.83	29:50.79	57.8%
15	7265 Kuay Sullivan (F57)	2	F55-59	MS	7.1				30:14.10	⌂	9:43.9	30.23	30:21.20	61.3%
16	7044 Amie Goins (F51)	3	F50-54	1st	5.3				31:43.99		10:12.8	31.72	31:49.29	54.0%
17	6998 Emily Whitehurst (F37)	4	F35-39	1st	4.7				31:45.03	⌂	10:13.2	31.75	31:49.73	47.5%
18	6002 Francisco(03) Espinoza (M20)	14	M20-24	1st	6.2				32:01.75	⌂ ⊗	10:18.6	32.02	32:07.97	40.7%
19	7283 Ruben Reyes (M67)	15	M65-69	3rd	7.3				32:12.27		10:21.9	32.20	32:19.59	53.1%
20	6980 Yuvathi Balaji (F11)	5	F10-14	1st	2.9				34:34.38	✓ 2	11:07.7	34.57	34:37.30	48.1%
21	6979 Balaji Ammanji Sundararaju (	16	M40-44	1st	12.3				34:31.85	⌂	11:06.9	34.52	34:44.10	39.8%
22	7050 Chris Goins (M53)	17	M50-54	4th	6.4				34:52.35		11:13.5	34.87	34:58.73	43.3%
23	7097 Nathan Bruser (M52)	18	M50-54	5th	20.5				35:27.24	⌂	11:24.7	35.45	35:47.71	42.3%
24	7380 Gabor Toth (M43)	19	M40-44	2nd	4.3				35:43.56	⌂	11:29.9	35.72	35:47.82	39.1%
25	7198 Yanira Lopez (F60)	6	F60-64	SR	13.0				36:24.47	⌂	11:43.1	36.40	36:37.44	53.1%
26	7466 Andrew Ngotho (M57)	20	M55-59	3rd	215.4				33:42.76		10:51.1	33.70	37:18.17	46.4%
27	7530 Lilliana Wutter (F51)	7	F50-54	2nd	7.6				37:29.71	✓ 2	12:04.1	37.48	37:37.33	45.7%
28	7106 Robert Simpson (M68)	21	M65-69	4th	19.5				38:46.28		12:28.8	38.77	39:05.77	44.5%
29	7096 Blake Bruser (F14)	8	F10-14	2nd	21.5				39:05.46	⌂	12:34.9	39.08	39:27.00	40.2%
30	7368 Alex Toth (M10)	22	M10-14	2nd	3.4				39:24.05		12:40.9	39.40	39:27.47	40.1%

FN\*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

9/24/2023

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

△ Negative Split

 DeltaViewTiming.com

31	7529	Carlos Ordonez (M53)	23	M50-54	6th	18.4		<b>45:44.37</b>	14:43.3	45.73	46:02.77	33.0%
32	7065	Susan Schafer (F58)	9	F55-59	1st	13.6		<b>46:12.07</b>	14:52.2	46.20	46:25.65	40.7%
33	6759	Aqeela Afreen Sadullah (F16)	10	F15-19	1st	2.2		<b>49:34.04</b>	15:57.3	49.57	49:36.24	30.9%
34	7445	Mireya Salas (F48)	11	F45-49	1st	7.8		<b>49:32.95</b>	15:56.9	49.53	49:40.73	33.3%
35	6760	Atiquah Amreen Sadullah (F1	12	F10-14	3rd	2.5		<b>50:01.39</b>	16:06.1	50.02	50:03.90	31.4%
36	6004	Izela Salas (F21)	13	F20-24	1st	7.8		<b>49:58.18</b>	⌘ 16:05.0	49.97	50:05.98	29.6%
37	6006	Caden Garlley (M21)	24	M20-24	2nd	8.3		<b>49:57.94</b>	⌘ 16:04.9	49.95	50:06.22	25.9%
38	6008	Joan Mclellan (F75)	14	F75-79	1st	12.3		<b>56:49.98</b>	⌘ 18:17.6	56.82	57:02.27	43.2%
39	7246	Sheila Holen (F52)	15	F50-54	3rd	22.1		<b>56:40.73</b>	18:14.6	56.67	57:02.87	30.6%
40	6007	Jerry Mclellan (M78)	25	M75-79	1st	10.7		<b>56:52.77</b>	⌘ 18:18.5	56.87	57:03.45	35.3%
41	6999	John Kramer (M61)	26	M60-64	4th	438.0		<b>58:01.78</b>	⌘ 18:40.7	58.02	1:05:19.81	27.9%
<b>2 Positive Split</b>								✓ <b>3 Club PR's</b>	<b>Average Finish Time: 36:07</b>		<b>7 First Timers</b>	<b>Average Age Grade: 48.8%</b>

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Jaydin Turner	M14	5:40.25	72.0%	New
2	7	Julio Lopez	M67	7:40.99	64.0%	
3	3	Blake Bruser	F14	7:15.84	61.3%	
4	8	Ruben Arevalo	M68	8:12.18	60.5%	
5	6	Vijayan Nair	M60	7:39.49	60.2%	
6	4	Francisco Espinoza	M53	7:26.66	58.4%	
7	15	Yanira Lopez	F60	9:48.73	58.2%	
8	13	Kuay Sullivan	F57	9:29.73	57.6%	
9	9	Jaws Hansen	M63	8:14.17	57.5%	
10	2	Gabor Toth	M43	7:04.94	56.7%	
11	10	Steve Russo	M60	8:19.42	55.4%	
12	11	Marcus O'con	M52	8:23.77	51.3%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	13	Kim Andres	F70	29:06.21	77.4%	
2	1	Zachary Maier	M19	17:52.20	73.7%	New
3	3	John Cosentino	M61	22:19.88	72.5%	
4	5	Guy Harris	M62	23:26.04	69.7%	New
5	6	Steve Russo	M60	23:28.69	68.3%	
6	4	Marcus O'con	M52	23:13.29	64.5%	
7	2	Jaydin Turner	M14	22:08.11	64.1%	
8	8	Julio Lopez	M67	26:43.45	63.9%	
9	7	Francisco Espinoza	M53	24:20.15	62.1%	
10	15	Kuay Sullivan	F57	30:14.10	61.3%	
11	11	Jaws Hansen	M63	27:51.31	59.1%	
12	14	Ruben Arevalo	M68	29:50.15	57.8%	
13	10	Vijayan Nair	M60	27:45.03	57.8%	
14	12	Rob Preston	M58	28:25.50	55.5%	
15	9	Deuk Lee	M51	27:00.25	55.1%	
16	16	Amie Goins	F51	31:43.99	54.0%	
17	25	Yanira Lopez	F60	36:24.47	53.1%	
18	19	Ruben Reyes	M67	32:12.27	53.1%	

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