



# Carrollton Runners Prediction Run 5K

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Sunday, March 17, 2019  
41F Clear 65%H 4mphNNE  
5K Off :7:35 am

Place	OA	Bib	Name	5K	[Lap]	GD	AgeGrp	Predicted	ChipStart	1stH	2ndH	△	NetChipTime	Pace	Difference
1	6	811	Robert Landon (M59)			6	M55-59	24:00	1.8				23:55.949	7:42.2	4.05
2	9	089	John Nance (M70)			9	M70-74	27:15	5.2				27:20.747	8:48.1	5.75
3	18	257	Jeffrey Conklin (M55)			16	M55-59	33:33	5.5				33:44.132	10:51.5	11.13
4	7	155	Ruben Arevalo (M63)			7	M60-64	25:13	1.9				25:28.535	8:12.0	15.54
5	4	997	John Cosentino (M56)			4	M55-59	23:20	2.1				23:37.974	7:36.4	17.97
6	5	012	Doug Waters (M54)			5	M50-54	23:30	3.0				23:52.081	7:40.9	22.08
7	27	148	Scott Ahlstrom (M70)			22	M70-74	48:30	5.5				47:59.972	15:27.0	30.03
8	1	222	Rich Weklar (M48)			1	M45-49	22:50	2.6				23:28.243	7:33.3	38.24
9	3	117	Vijayan Nair (M56)			3	M55-59	23:00	0.7				23:39.243	7:36.8	39.24
10	12	563	Tomas Bern (M55)			11	M55-59	29:00	3.6				28:20.521	9:07.3	39.48
11	20	106	Robert Simpson (M64)			17	M60-64	39:30	9.1				38:45.496	12:28.5	44.50
12	8	193	Julio Lopez (M63)			8	M60-64	28:00	2.8				27:14.481	8:46.1	45.52
13	14	008	David Mask (M66)			13	M65-69	30:00	2.0				28:58.288	9:19.5	61.71
14	10	097	Nathan Bruser (M47)			10	M45-49	28:28	11.0				27:20.437	8:48.0	67.56
15	28	246	Sheila Holen (F48)			6	F45-49	49:30	8.4				50:37.567	16:17.7	67.57
16	19	454	Betsy Palmer (F57)			3	F55-59	35:58	9.9				34:48.105	11:12.1	69.89
17	17	449	Kumiko McCoy (F69)			2	F65-69	32:00	8.5				33:12.573	10:41.3	72.57
18	15	256	Rich Cronin (M51)			14	M50-54	29:00	5.5				30:12.858	9:43.5	72.86
19	2	998	Blair Casey (M32)			2	M30-34	22:15	0.0				23:35.640	7:35.7	80.64
20	24	024	Carol Creech (F68)			5	F65-69	41:47	6.8				40:22.608	13:00.2	84.39
21	16	157	Phil Murch (M61)			15	M60-64	31:25	6.5				32:49.524	10:33.9	84.52
22	21	261	John Kramer (M57)			18	M55-59	36:10	2:13.0				37:37.306	12:06.6	87.31
23	22	050	Chris Goins (M48)			19	M45-49	38:30	4.4				40:00.164	12:52.5	90.16
24	23	044	Amie Goins (F47)			4	F45-49	38:30	4.2				40:00.703	12:52.7	90.70
25	11	265	Kuay Sullivan (F53)			1	F50-54	29:38	7.3				28:00.906	9:01.0	97.09
26	13	283	Ruben Reyes (M63)			12	M60-64	30:45	8.9				28:42.910	9:14.6	122.09
27	25	998	Blair Casey (M32) [2]			20	M30-34	22:15	23:58.2				22:10.677	7:08.3	4.32
28	26	997	John Cosentino (M56) [2]			21	M55-59	23:20	24:02.8				23:48.002	7:39.6	28.00
29	29	117	Vijayan Nair (M56) [2]			23	M55-59	26:00	27:05.4				26:47.621	8:37.4	47.62
30	30	193	Julio Lopez (M63) [2]			24	M60-64	29:00	27:17.6				27:31.218	8:51.5	88.78

© Most Accurate Predictor(s) wins gift card(s).

17 Slower

13 Faster

OA Order of Finish (by Guntime) Difference # of Seconds off Prediction  
NetChipTimeNet Running Time (ChipTime)

Fast

Slow

△ Positive Split  
△ Negative Split

Timing provided by:  
**DELTAVIEWTIMING.COM**

### By Order of Finish

OA	Bib Name	5K	[Lap]	GD	AgeGrp	City	ChipStart	1stH	2ndH	△	NetChipTime	Pace	Diff	ClockTime	AgeGD
1	222	Rich Weklar (M48)		1	M45-49	Bartonville	2.6				23:28.243	7:33.3	38.24	23:30.855	61.8%
2	998	Blair Casey (M32)		2	M30-34	Carrollton	0.0				23:35.640	7:35.7	80.64	23:35.640	55.1%
3	117	Vijayan Nair (M56)		3	M55-59	Plano	0.7				23:39.243	7:36.8	39.24	23:39.894	65.5%
4	997	John Cosentino (M56)		4	M55-59	Plano	2.1				23:37.974	7:36.4	17.97	23:40.031	65.6%
5	012	Doug Waters (M54)		5	M50-54	Carrollton	3.0				23:52.081	7:40.9	22.08	23:55.127	63.8%
6	811	Robert Landon (M59)		6	M55-59	Allen	1.8				23:55.949	7:42.2	4.05	23:57.755	66.4%
7	155	Ruben Arevalo (M63)		7	M60-64	Carrollton	1.9				25:28.535	8:12.0	15.54	25:30.462	64.7%
8	193	Julio Lopez (M63)		8	M60-64	Farmers Branch	2.8				27:14.481	8:46.1	45.52	27:17.281	60.5%
9	089	John Nance (M70)		9	M70-74	Rowlett	5.2				27:20.747	8:48.1	5.75	27:25.933	64.5%
10	097	Nathan Bruser (M47)		10	M45-49	Higland Village	11.0				27:20.437	8:48.0	67.56	27:31.421	52.7%
11	265	Kuay Sullivan (F53)		1	F50-54	Coppell	7.3				28:00.906	9:01.0	97.09	28:08.214	62.7%
12	563	Tomas Bern (M55)		11	M55-59	Allen	3.6				28:20.521	9:07.3	39.48	28:24.142	54.2%
13	283	Ruben Reyes (M63)		12	M60-64	Carrollton	8.9				28:42.910	9:14.6	122.09	28:51.767	57.4%
14	008	David Mask (M66)		13	M65-69	Lewisville	2.0				28:58.288	9:19.5	61.71	29:00.257	58.4%
15	256	Rich Cronin (M51)		14	M50-54	Arlington	5.5				30:12.858	9:43.5	72.86	30:18.326	49.2%
16	157	Phil Murch (M61)		15	M60-64	Frisco	6.5				32:49.524	10:33.9	84.52	32:56.007	49.3%
17	449	Kumiko McCoy (F69)		2	F65-69	Euless	8.5				33:12.573	10:41.3	72.57	33:21.050	66.8%
18	257	Jeffrey Conklin (M55)		16	M55-59	Arlington	5.5				33:44.132	10:51.5	11.13	33:49.595	45.5%
19	454	Betsy Palmer (F57)		3	F55-59	Carrollton	9.9				34:48.105	11:12.1	69.89	34:58.015	53.3%
20	106	Robert Simpson (M64)		17	M60-64	Coppell	9.1				38:45.496	12:28.5	44.50	38:54.584	42.9%
21	261	John Kramer (M57)		18	M55-59	Plano	2:13.0				37:37.306	12:06.6	87.31	39:50.287	41.5%
22	050	Chris Goins (M48)		19	M45-49	Garland	4.4				40:00.164	12:52.5	90.16	40:04.609	36.3%
23	044	Amie Goins (F47)		4	F45-49	Garland	4.2				40:00.703	12:52.7	90.70	40:04.921	40.8%
24	024	Carol Creech (F68)		5	F65-69	Plano	6.8				40:22.608	13:00.2	84.39	40:29.408	54.0%
25	998	Blair Casey (M32) [2]		20	M30-34	Carrollton	23:58.2				22:10.677	7:08.3	4.32	46:08.892	58.6%
26	997	John Cosentino (M56) [2]		21	M55-59	Plano	24:02.8				23:48.002	7:39.6	28.00	47:50.796	65.1%
27	148	Scott Ahlstrom (M70)		22	M70-74	Carrollton	5.5				47:59.972	15:27.0	30.03	48:05.478	36.7%
28	246	Sheila Holen (F48)		6	F45-49	Lewisville	8.4				50:37.567	16:17.7	67.57	50:46.009	32.6%
29	117	Vijayan Nair (M56) [2]		23	M55-59	Plano	27:05.4				26:47.621	8:37.4	47.62	53:52.994	57.8%
30	193	Julio Lopez (M63) [2]		24	M60-64	Farmers Branch	27:17.6				27:31.218	8:51.5	88.78	54:48.798	59.8%
Average Finish Time:											30:48	Average Age Grade:			54.8%