



# Carrollton Runners Prediction Run 5K

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Sunday, July 19, 2020  
80F Cloudy 72%H 7mphS  
5K Off :7:31 am

Place	OA	Bib	Name	5K	[Lap]	GD	AgeGrp	Predicted	ChipStart	1stH	2ndH	Δ	NetChipTime	Pace	Difference	
1	25	261	John Kramer (M58)			16	M55-59	48:18	2:35.3	23:08	25:13	+125	48:21.040	⊙	15:33.8	3.04
2	13	061	David Short (M59)			10	M55-59	27:27	4:09.9	12:24	15:09	+165	27:32.793	⊙	8:52.0	5.79
3	2	255	John Cosentino (M58)			2	M55-59	22:58	4.2	11:13	11:51	+38	23:03.824		7:25.4	5.82
4	17	044	Amie Goins (F48)			6	F45-49	36:00	24.1	17:11	18:55	+104	36:06.051		11:37.2	6.05
5	7	117	Vijayan Nair (M57)			6	M55-59	26:00	3.8	12:25	13:49	+85	26:14.025		8:26.6	14.02
6	3	159	Robert Landon (M61)			3	M60-64	23:30	4.6	11:28	11:46	+18	23:13.222		7:28.4	16.78
7	18	454	Betsy Palmer (F59)			7	F55-59	35:52	26.9	17:18	18:52	+94	36:09.943		11:38.4	17.94
8	6	012	Doug Waters (M55)			5	M55-59	25:00	40.7	12:31	12:51	+20	25:22.638		8:10.1	22.64
9	20	106	Robert Simpson (M65)			12	M65-69	37:37	51.6	18:16	18:57	+41	37:13.362		11:58.8	23.64
10	9	365	Les George (M55)			8	M55-59	27:30	21.5	13:37	13:27	-11	27:04.042		8:42.7	25.96
11	23	445	Mireya Salas (F45)			9	F45-49	40:00	58.0	19:31	20:03	+32	39:34.012		12:44.1	25.99
12	10	467	Rebecca Caruso (F53)			2	F50-54	27:00	8.3	13:25	14:01	+36	27:26.769		8:50.0	26.77
13	14	449	Kumiko McCoy (F71)			4	F70-74	31:00	22.1	15:00	16:30	+90	31:29.475		10:08.2	29.48
14	22	008	David Mask (M68)			14	M65-69	37:25	2:23.1	18:28	18:23	-5	36:51.583		11:51.8	33.42
15	1	011	Blair Casey (M33)			1	M30-34	22:45	3.3	10:52	11:06	+14	21:57.707		7:04.1	47.29
16	11	040	Kim Andres (F67)			3	F65-69	28:12	0.9	14:08	14:55	+47	29:02.612		9:20.9	50.61
17	5	058	Bradley Gardner (M62)			4	M60-64	26:00	46.9	12:27	12:40	+12	25:07.246		8:05.1	52.75
18	28	246	Sheila Holen (F49)			10	F45-49	51:30	31.4	26:25	26:08	-17	52:33.603		16:55.0	63.60
19	19	621	Jerri Hixson (F66)			8	F65-69	38:00	27.6	17:14	19:16	+121	36:30.020		11:44.9	89.98
20	16	198	Yanira Lopez (F57)			5	F55-59	32:25	57.1	16:02	17:59	+117	34:01.903		10:57.2	96.90
21	21	050	Chris Goins (M49)			13	M45-49	36:00	24.4	16:35	21:07	+272	37:41.750		12:08.0	101.75
22	8	155	Ruben Arevalo (M65)			7	M65-69	24:46	6.0	13:00	13:49	+49	26:49.216		8:38.0	123.22
23	12	193	Julio Lopez (M64)			9	M60-64	27:00	17.1	14:21	15:10	+49	29:30.984		9:30.0	150.98
24	27	148	Scott Ahlstrom (M71)			18	M70-74	55:00	15.5	26:26	25:53	-33	52:19.023		16:50.4	160.98
25	4	820	Quinn Dixon (F14)			1	F10-14	22:30	3.9	11:50	13:38	+108	25:27.435		8:11.6	177.44
26	15	113	Victor Elfenbein (M62)			11	M60-64	36:00	48.6	15:37	16:27	+50	32:03.552		10:19.1	236.45
27	29	455	Rosemary Lewis (F65)			11	F65-69	60:00	1:03.3	27:27	28:34	+66	56:01.094		18:01.8	238.91
28	30	117	Vijayan Nair (M57) [2]			19	M55-59	33:00	26:18.7	16:06	17:07	+62	33:12.994		10:41.5	12.99
29	24	011	Blair Casey (M33) [2]			15	M30-34	22:45	22:01.9	11:08	11:12	+4	22:20.668		7:11.5	24.33
30	26	255	John Cosentino (M58) [2]			17	M55-59	24:20	23:09.4	13:59	13:55	-5	27:53.613		8:58.7	213.61
31	31	193	Julio Lopez (M64) [2]			20	M60-64	30:00	29:50.0	16:38	17:39	+61	34:17.736		11:02.3	257.74

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

19 Slower

12 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	011	Blair Casey (M33)		1	M30-34	Carrollton	3.3	10:52	11:06	+14	21:57.707	7:04.1	47.29	22:01.037	59.4%
2	255	John Cosentino (M58)		2	M55-59	Plano	4.2	11:13	11:51	+38	23:03.824	7:25.4	5.82	23:08.054	68.3%
3	159	Robert Landon (M61)		3	M60-64	Allen	4.6	11:28	11:46	+18	23:13.222	7:28.4	16.78	23:17.794	69.7%
4	820	Quinn Dixon (F14)		1	F10-14	Hurst	3.9	11:50	13:38	+108	25:27.435	8:11.6	177.44	25:31.380	61.7%
5	058	Bradley Gardner (M62)		4	M60-64	Fort Worth	46.9	12:27	12:40	+12	25:07.246	8:05.1	52.75	25:54.101	65.0%
6	012	Doug Waters (M55)		5	M55-59	Carrollton	40.7	12:31	12:51	+20	25:22.638	8:10.1	22.64	26:03.306	60.6%
7	117	Vijayan Nair (M57)		6	M55-59	Plano	3.8	12:25	13:49	+85	26:14.025	8:26.6	14.02	26:17.861	59.6%
8	155	Ruben Arevalo (M65)		7	M65-69	Carrollton	6.0	13:00	13:49	+49	26:49.216	8:38.0	123.22	26:55.226	62.5%
9	365	Les George (M55)		8	M55-59	Grand Prairie	21.5	13:37	13:27	-11	27:04.042	8:42.7	25.96	27:25.554	56.8%
10	467	Rebecca Caruso (F53)		2	F50-54	Dallas	8.3	13:25	14:01	+36	27:26.769	8:50.0	26.77	27:35.054	64.0%
11	040	Kim Andres (F67)		3	F65-69	Irving	0.9	14:08	14:55	+47	29:02.612	9:20.9	50.61	29:03.523	73.9%
12	193	Julio Lopez (M64)		9	M60-64	Farmers Branch	17.1	14:21	15:10	+49	29:30.984	9:30.0	150.98	29:48.039	56.3%
13	061	David Short (M59)		10	M55-59	Frisco	4:09.9	12:24	15:09	+165	27:32.793	8:52.0	5.79	31:42.666	57.7%
14	449	Kumiko McCoy (F71)		4	F70-74	Eules	22.1	15:00	16:30	+90	31:29.475	10:08.2	29.48	31:51.554	72.8%
15	113	Victor Elfenbein (M62)		11	M60-64	Dallas	48.6	15:37	16:27	+50	32:03.552	10:19.1	236.45	32:52.175	50.9%
16	198	Yanira Lopez (F57)		5	F55-59	Farmers Branch	57.1	16:02	17:59	+117	34:01.903	10:57.2	96.90	34:58.998	54.5%
17	044	Amie Goins (F48)		6	F45-49	Garland	24.1	17:11	18:55	+104	36:06.051	11:37.2	6.05	36:30.166	45.7%
18	454	Betsy Palmer (F59)		7	F55-59	Carrollton	26.9	17:18	18:52	+94	36:09.943	11:38.4	17.94	36:36.869	52.7%
19	621	Jerri Hixson (F66)		8	F65-69	Plano	27.6	17:14	19:16	+121	36:30.020	11:44.9	89.98	36:57.640	57.9%
20	106	Robert Simpson (M65)		12	M65-69	Coppell	51.6	18:16	18:57	+41	37:13.362	11:58.8	23.64	38:04.937	45.1%
21	050	Chris Goins (M49)		13	M45-49	Garland	24.4	16:35	21:07	+272	37:41.750	12:08.0	101.75	38:06.103	38.8%
22	008	David Mask (M68)		14	M65-69	Denton	2:23.1	18:28	18:23	-5	36:51.583	11:51.8	33.42	39:14.668	46.8%
23	445	Mireya Salas (F45)		9	F45-49	Carrollton	58.0	19:31	20:03	+32	39:34.012	12:44.1	25.99	40:32.000	40.4%
24	011	Blair Casey (M33) [2]		15	M30-34	Carrollton	22:01.9	11:08	11:12	+4	22:20.668	7:11.5	24.33	44:22.609	58.4%
25	261	John Kramer (M58)		16	M55-59	Plano	2:35.3	23:08	25:13	+125	48:21.040	15:33.8	3.04	50:56.316	32.6%
26	255	John Cosentino (M58) [2]		17	M55-59	Plano	23:09.4	13:59	13:55	-5	27:53.613	8:58.7	213.61	51:02.974	56.5%
27	148	Scott Ahlstrom (M71)		18	M70-74	Carrollton	15.5	26:26	25:53	-33	52:19.023	16:50.4	160.98	52:34.478	34.1%
28	246	Sheila Holen (F49)		10	F45-49	Lewisville	31.4	26:25	26:08	-17	52:33.603	16:55.0	63.60	53:05.000	31.8%
29	455	Rosemary Lewis (F65)		11	F65-69	Carrollton	1:03.3	27:27	28:34	+66	56:01.094	18:01.8	238.91	57:04.410	37.1%
30	117	Vijayan Nair (M57) [2]		19	M55-59	Plano	26:18.7	16:06	17:07	+62	33:12.994	10:41.5	12.99	59:31.726	47.1%
31	193	Julio Lopez (M64) [2]		20	M60-64	Farmers Branch	29:50.0	16:38	17:39	+61	34:17.736	11:02.3	257.74	64:07.753	48.5%
26 Positive Split      5 Negative Split											Average Finish Time: 32:59		Average Age Grade: 53.8%		