



Carrollton Runners Prediction Run 5K

Sunday, August 15, 2021

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

75F Wet Cloudy 75%
5K Off :7:30 am

| Place | OA | Bib | Name | 5K | [Lap] | GD | AgeGrp | Predicted | ChipStart | 1stH | 2ndH | Δ | NetChipTime | Pace | Difference |
|-------|----|-----|----------------------------|----|-------|----|--------|-----------|-----------|-------|-------|------|-------------|----------|------------|
| 1 | 16 | 165 | Terry Gonzalez (F67) | | | 3 | F65-69 | 31:30 | 2.6 | 15:26 | 16:06 | +40 | 31:31.995 | 10:09.0 | 2.00 |
| 2 | 7 | 155 | Ruben Arevalo (M66) | | | 7 | M65-69 | 25:46 | 0.8 | 12:13 | 13:30 | +77 | 25:43.009 | 8:16.6 | 2.99 |
| 3 | 29 | 039 | Mary Kaplan (F82) | | | 8 | F80-99 | 39:10 | 1.8 | 19:15 | 19:49 | +34 | 39:04.388 | 12:34.6 | 5.61 |
| 4 | 6 | 117 | Vijayan Nair (M58) | | | 6 | M55-59 | 25:00 | 0.0 | 12:00 | 13:09 | +69 | 25:08.951 | 8:05.7 | 8.95 |
| 5 | 24 | 454 | Betsy Palmer (F60) | | | 6 | F60-64 | 34:53 | 14.2 | 17:02 | 17:41 | +39 | 34:43.350 | 11:10.6 | 9.65 |
| 6 | 3 | 255 | John Cosentino (M59) | | | 3 | M55-59 | 23:20 | 26.2 | 11:38 | 11:59 | +21 | 23:37.376 | 7:36.2 | 17.38 |
| 7 | 21 | 670 | Sandeep Kumar (M42) | | | 17 | M40-44 | 33:00 | 6.2 | 16:00 | 17:17 | +77 | 33:17.505 | 10:42.9 | 17.51 |
| 8 | 1 | 159 | Robert Landon (M62) | | | 1 | M60-64 | 20:50 | 2.4 | 10:31 | 10:40 | +9 | 21:11.395 | 6:49.2 | 21.40 |
| 9 | 4 | 405 | Steve Russo (M57) | | | 4 | M55-59 | 24:14 | 3.5 | 11:53 | 12:45 | +53 | 24:38.320 | 7:55.8 | 24.32 |
| 10 | 5 | 222 | Rich Weklar (M50) | | | 5 | M50-54 | 24:30 | 4.7 | 11:56 | 12:59 | +62 | 24:55.299 | 8:01.3 | 25.30 |
| 11 | 9 | 012 | Doug Waters (M56) | | | 9 | M55-59 | 26:30 | 14.9 | 13:07 | 12:52 | -15 | 25:58.827 | 8:21.7 | 31.17 |
| 12 | 11 | 040 | Kim Andres (F68) | | | 1 | F65-69 | 28:50 | 1.6 | 14:22 | 15:00 | +37 | 29:21.823 | 9:27.1 | 31.82 |
| 13 | 13 | 113 | Victor Elfenbein (M63) | | | 12 | M60-64 | 30:00 | 5.1 | 14:53 | 15:45 | +52 | 30:37.740 | 9:51.5 | 37.74 |
| 14 | 22 | 283 | Ruben Reyes (M65) | | | 18 | M65-69 | 32:30 | 40.5 | 16:29 | 16:39 | +9 | 33:07.861 | 10:39.8 | 37.86 |
| 15 | 20 | 198 | Yanira Lopez (F58) | | | 4 | F55-59 | 33:25 | 24.4 | 15:49 | 16:56 | +67 | 32:44.516 | 10:32.3 | 40.48 |
| 16 | 23 | 044 | Amie Goins (F49) | | | 5 | F45-49 | 34:46 | 17.8 | 16:15 | 17:41 | +87 | 33:56.048 | 10:55.3 | 49.95 |
| 17 | 10 | 097 | Nathan Bruser (M50) | | | 10 | M50-54 | 26:26 | 1:27.0 | 12:45 | 12:51 | +6 | 25:36.013 | 8:14.4 | 49.99 |
| 18 | 43 | 003 | Ruben Saguil (M56) | | | 31 | M55-59 | 28:00 | 50:05.7 | 13:05 | 14:02 | +57 | 27:07.475 | 8:43.8 | 52.52 |
| 19 | 18 | 345 | Ryan Pogue (M50) | | | 15 | M50-54 | 30:30 | 33.5 | 16:03 | 15:20 | -43 | 31:22.744 | 10:06.0 | 52.74 |
| 20 | 26 | 692 | Stanley Tamale (M42) | | | 19 | M40-44 | 35:00 | 13.1 | 16:48 | 19:05 | +137 | 35:53.273 | 11:33.1 | 53.27 |
| 21 | 2 | 011 | Blair Casey (M34) | | | 2 | M30-34 | 24:45 | 22.8 | 11:40 | 11:58 | +17 | 23:38.203 | 7:36.5 | 66.80 |
| 22 | 32 | 024 | Carol Creech (F70) | | | 10 | F70-74 | 46:46 | 6.6 | 22:05 | 23:30 | +85 | 45:34.128 | 14:40.0 | 71.87 |
| 23 | 36 | 246 | Sheila Holen (F50) | | | 11 | F50-54 | 51:45 | 22.0 | 25:05 | 25:14 | +10 | 50:19.170 | 16:11.8 | 85.83 |
| 24 | 12 | 193 | Julio Lopez (M65) | | | 11 | M65-69 | 28:00 | 6.1 | 14:46 | 14:43 | -3 | 29:29.032 | 9:29.4 | 89.03 |
| 25 | 17 | 153 | Peter Chan (M68) | | | 14 | M65-69 | 30:00 | 12.3 | 16:04 | 15:33 | -31 | 31:36.698 | 10:10.5 | 96.70 |
| 26 | 8 | 192 | Rob Preston (M56) | | | 8 | M55-59 | 24:00 | 3.8 | 12:27 | 13:28 | +61 | 25:55.343 | 8:20.6 | 115.34 |
| 27 | 31 | 445 | Mireya Salas (F46) | | | 9 | F45-49 | 39:00 | 3:07.4 | 18:03 | 18:43 | +40 | 36:46.647 | 11:50.3 | 133.35 |
| 28 | 30 | 008 | Quin Jenson (M26) | | | 22 | M25-29 | 39:00 | 3:11.0 | 17:58 | 18:45 | +47 | 36:43.062 | 11:49.1 | 136.94 |
| 29 | 19 | 050 | Chris Goins (M51) | | | 16 | M50-54 | 35:00 | 16.0 | 15:30 | 16:17 | +47 | 31:47.840 | 10:14.1 | 192.16 |
| 30 | 27 | 004 | Grace Xi (M55) | | | 20 | M55-59 | 40:00 | 4.1 | 16:09 | 20:39 | +270 | 36:47.417 | 11:50.5 | 192.58 |
| 31 | 14 | 005 | Elijah Sekandi (M13) | | | 13 | M10-14 | 35:00 | 14.1 | 13:56 | 16:51 | +174 | 30:47.138 | 9:54.5 | 252.86 |
| 32 | 15 | 265 | Kuay Sullivan (F55) | | | 2 | F55-59 | 35:43 | 7.3 | 15:36 | 15:49 | +13 | 31:24.402 | 10:06.5 | 258.60 |
| 33 | 37 | 261 | John Kramer (M59) | | | 26 | M55-59 | 47:35 | 1:44.2 | 26:31 | 25:53 | -38 | 52:23.568 | 16:51.8 | 288.57 |
| 34 | 25 | 124 | Jerri Hixson (F67) | | | 7 | F65-69 | 30:00 | 12.7 | 17:15 | 18:05 | +50 | 35:20.089 | 11:22.4 | 320.09 |
| 35 | 28 | 006 | Gilbert Sudol (M41) | | | 21 | M40-44 | 30:00 | 15.6 | 17:46 | 20:03 | +137 | 37:48.822 | 12:10.3 | 468.82 |
| 36 | 35 | 255 | John Cosentino (M59) [2] | | | 25 | M55-59 | 25:20 | 24:04.5 | | | | 25:24.320 | 8:10.6 | 4.32 |
| 37 | 33 | 159 | Robert Landon (M62) [2] | | | 23 | M60-64 | 25:00 | 22:43.8 | 12:49 | 11:47 | -62 | 24:35.824 | 7:55.0 | 24.18 |
| 38 | 34 | 011 | Blair Casey (M34) [2] | | | 24 | M30-34 | 24:45 | 24:01.8 | 12:00 | 12:06 | +6 | 24:06.004 | 7:45.4 | 39.00 |
| 39 | 39 | 117 | Vijayan Nair (M58) [2] | | | 28 | M55-59 | 33:00 | 25:10.0 | | | | 34:12.121 | 11:00.5 | 72.12 |
| 40 | 40 | 193 | Julio Lopez (M65) [2] | | | 29 | M65-69 | 31:00 | 29:36.8 | | | | 34:08.954 | 10:59.5 | 188.95 |
| 41 | 38 | 405 | Steve Russo (M57) [2] | | | 27 | M55-59 | 26:14 | 24:42.7 | | | | 30:20.264 | 9:45.9 | 246.26 |
| 42 | 42 | 113 | Victor Elfenbein (M63) [2] | | | 30 | M60-64 | 30:35 | 30:43.9 | | | | 37:58.331 | 12:13.3 | 443.33 |
| 43 | 41 | 265 | Kuay Sullivan (F55) [2] | | | 12 | F55-59 | 42:38 | 31:32.3 | | | | 33:38.187 | 10:49.6 | 539.81 |
| | | | | | | | | | | | | | 23Slower | 20Faster | 113.96 |

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

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 | 159 | Robert Landon (M62) | | 1 | M60-64 | Allen | 2.4 | 10:31 | 10:40 | +9 | 21:11.395 | 6:49.2 | 21.40 | 21:13.769 | 77.0% | | | |
| 2 | 011 | Blair Casey (M34) | | 2 | M30-34 | Carrollton | 22.8 | 11:40 | 11:58 | +17 | 23:38.203 | 7:36.5 | 66.80 | 24:01.003 | 55.5% | | | |
| 3 | 255 | John Cosentino (M59) | | 3 | M55-59 | Plano | 26.2 | 11:38 | 11:59 | +21 | 23:37.376 | 7:36.2 | 17.38 | 24:03.578 | 67.3% | | | |
| 4 | 405 | Steve Russo (M57) | | 4 | M55-59 | Plano | 3.5 | 11:53 | 12:45 | +53 | 24:38.320 | 7:55.8 | 24.32 | 24:41.824 | 63.4% | | | |
| 5 | 222 | Rich Weklar (M50) | | 5 | M50-54 | Bartonville | 4.7 | 11:56 | 12:59 | +62 | 24:55.299 | 8:01.3 | 25.30 | 25:00.019 | 59.2% | | | |
| 6 | 117 | Vijayan Nair (M58) | | 6 | M55-59 | Plano | 0.0 | 12:00 | 13:09 | +69 | 25:08.951 | 8:05.7 | 8.95 | 25:08.951 | 62.7% | | | |
| 7 | 155 | Ruben Arevalo (M66) | | 7 | M65-69 | Carrollton | 0.8 | 12:13 | 13:30 | +77 | 25:43.009 | 8:16.6 | 2.99 | 25:43.849 | 65.8% | | | |
| 8 | 192 | Rob Preston (M56) | | 8 | M55-59 | Irving | 3.8 | 12:27 | 13:28 | +61 | 25:55.343 | 8:20.6 | 115.34 | 25:59.168 | 59.8% | | | |
| 9 | 012 | Doug Waters (M56) | | 9 | M55-59 | Carrollton | 14.9 | 13:07 | 12:52 | -15 | 25:58.827 | 8:21.7 | 31.17 | 26:13.753 | 59.7% | | | |
| 10 | 097 | Nathan Bruser (M50) | | 10 | M50-54 | Highland Village | 1:27.0 | 12:45 | 12:51 | +6 | 25:36.013 | 8:14.4 | 49.99 | 27:03.000 | 57.6% | | | |
| 11 | 040 | Kim Andres (F68) | | 1 | F65-69 | Irving | 1.6 | 14:22 | 15:00 | +37 | 29:21.823 | 9:27.1 | 31.82 | 29:23.457 | 74.3% | | | |
| 12 | 193 | Julio Lopez (M65) | | 11 | M65-69 | Farmers Branch | 6.1 | 14:46 | 14:43 | -3 | 29:29.032 | 9:29.4 | 89.03 | 29:35.168 | 56.9% | | | |
| 13 | 113 | Victor Elfenbein (M63) | | 12 | M60-64 | Dallas | 5.1 | 14:53 | 15:45 | +52 | 30:37.740 | 9:51.5 | 37.74 | 30:42.816 | 53.8% | | | |
| 14 | 005 | Elijah Sekandi (M13) | | 13 | M10-14 | Mansfield | 14.1 | 13:56 | 16:51 | +174 | 30:47.138 | 9:54.5 | 252.86 | 31:01.240 | 47.1% | | | |
| 15 | 265 | Kuay Sullivan (F55) | | 2 | F55-59 | Coppell | 7.3 | 15:36 | 15:49 | +13 | 31:24.402 | 10:06.5 | 258.60 | 31:31.701 | 57.5% | | | |
| 16 | 165 | Terry Gonzalez (F67) | | 3 | F65-69 | Plano | 2.6 | 15:26 | 16:06 | +40 | 31:31.995 | 10:09.0 | 2.00 | 31:34.568 | 68.1% | | | |
| 17 | 153 | Peter Chan (M68) | | 14 | M65-69 | Coppell | 12.3 | 16:04 | 15:33 | -31 | 31:36.698 | 10:10.5 | 96.70 | 31:49.021 | 54.6% | | | |
| 18 | 345 | Ryan Pogue (M50) | | 15 | M50-54 | Carrollton | 33.5 | 16:03 | 15:20 | -43 | 31:22.744 | 10:06.0 | 52.74 | 31:56.291 | 47.0% | | | |
| 19 | 050 | Chris Goins (M51) | | 16 | M50-54 | Garland | 16.0 | 15:30 | 16:17 | +47 | 31:47.840 | 10:14.1 | 192.16 | 32:03.802 | 46.8% | | | |
| 20 | 198 | Yanira Lopez (F58) | | 4 | F55-59 | Farmers Branch | 24.4 | 15:49 | 16:56 | +67 | 32:44.516 | 10:32.3 | 40.48 | 33:08.933 | 57.4% | | | |
| 21 | 670 | Sandeep Kumar (M42) | | 17 | M40-44 | Irving | 6.2 | 16:00 | 17:17 | +77 | 33:17.505 | 10:42.9 | 17.51 | 33:23.710 | 41.6% | | | |
| 22 | 283 | Ruben Reyes (M65) | | 18 | M65-69 | Carrollton | 40.5 | 16:29 | 16:39 | +9 | 33:07.861 | 10:39.8 | 37.86 | 33:48.339 | 50.6% | | | |
| 23 | 044 | Amie Goins (F49) | | 5 | F45-49 | Garland | 17.8 | 16:15 | 17:41 | +87 | 33:56.048 | 10:55.3 | 49.95 | 34:13.894 | 49.2% | | | |
| 24 | 454 | Betsy Palmer (F60) | | 6 | F60-64 | Carrollton | 14.2 | 17:02 | 17:41 | +39 | 34:43.350 | 11:10.6 | 9.65 | 34:57.543 | 55.7% | | | |
| 25 | 124 | Jerri Hixson (F67) | | 7 | F65-69 | Plano | 12.7 | 17:15 | 18:05 | +50 | 35:20.089 | 11:22.4 | 320.09 | 35:32.769 | 60.8% | | | |
| 26 | 692 | Stanley Tamale (M42) | | 19 | M40-44 | Germantown | 13.1 | 16:48 | 19:05 | +137 | 35:53.273 | 11:33.1 | 53.27 | 36:06.365 | 38.6% | | | |
| 27 | 004 | Grace Xi (M55) | | 20 | M55-59 | Grand | 4.1 | 16:09 | 20:39 | +270 | 36:47.417 | 11:50.5 | 192.58 | 36:51.511 | 41.8% | | | |
| 28 | 006 | Gilbert Sudol (M41) | | 21 | M40-44 | Grand Prairie | 15.6 | 17:46 | 20:03 | +137 | 37:48.822 | 12:10.3 | 468.82 | 38:04.431 | 36.4% | | | |
| 29 | 039 | Mary Kaplan (F82) | | 8 | F80-99 | Sunrise Beach | 1.8 | 19:15 | 19:49 | +34 | 39:04.388 | 12:34.6 | 5.61 | 39:06.177 | 72.8% | | | |
| 30 | 008 | Quin Jenson (M26) | | 22 | M25-29 | Lewisville | 3:11.0 | 17:58 | 18:45 | +47 | 36:43.062 | 11:49.1 | 136.94 | 39:54.068 | 35.1% | | | |
| 31 | 445 | Mireya Salas (F46) | | 9 | F45-49 | Carrollton | 3:07.4 | 18:03 | 18:43 | +40 | 36:46.647 | 11:50.3 | 133.35 | 39:54.074 | 43.9% | | | |
| 32 | 024 | Carol Creech (F70) | | 10 | F70-74 | Aubrey | 6.6 | 22:05 | 23:30 | +85 | 45:34.128 | 14:40.0 | 71.87 | 45:40.767 | 49.5% | | | |
| 33 | 159 | Robert Landon (M62) [2] | | 23 | M60-64 | Allen | 22:43.8 | 12:49 | 11:47 | -62 | 24:35.824 | 7:55.0 | 24.18 | 47:19.627 | 66.4% | | | |
| 34 | 011 | Blair Casey (M34) [2] | | 24 | M30-34 | Carrollton | 24:01.8 | 12:00 | 12:06 | +6 | 24:06.004 | 7:45.4 | 39.00 | 48:07.781 | 54.4% | | | |
| 35 | 255 | John Cosentino (M59) [2] | | 25 | M55-59 | Plano | 24:04.5 | | | | 25:24.320 | 8:10.6 | 4.32 | 49:28.785 | 62.6% | | | |
| 36 | 246 | Sheila Holen (F50) | | 11 | F50-54 | Lewisville | 22.0 | 25:05 | 25:14 | +10 | 50:19.170 | 16:11.8 | 85.83 | 50:41.169 | 33.6% | | | |
| 37 | 261 | John Kramer (M59) | | 26 | M55-59 | Plano | 1:44.2 | 26:31 | 25:53 | -38 | 52:23.568 | 16:51.8 | 288.57 | 54:07.814 | 30.3% | | | |
| 38 | 405 | Steve Russo (M57) [2] | | 27 | M55-59 | Plano | 24:42.7 | | | | 30:20.264 | 9:45.9 | 246.26 | 55:02.990 | 51.5% | | | |
| 39 | 117 | Vijayan Nair (M58) [2] | | 28 | M55-59 | Plano | 25:10.0 | | | | 34:12.121 | 11:00.5 | 72.12 | 59:22.085 | 46.1% | | | |
| 40 | 193 | Julio Lopez (M65) [2] | | 29 | M65-69 | Farmers Branch | 29:36.8 | | | | 34:08.954 | 10:59.5 | 188.95 | 63:45.712 | 49.1% | | | |
| 41 | 265 | Kuay Sullivan (F55) [2] | | 12 | F55-59 | Coppell | 31:32.3 | | | | 33:38.187 | 10:49.6 | 539.81 | 65:10.449 | 53.6% | | | |
| 42 | 113 | Victor Elfenbein (M63) [2] | | 30 | M60-64 | Dallas | 30:43.9 | | | | 37:58.331 | 12:13.3 | 443.33 | 68:42.250 | 43.4% | | | |
| 43 | 003 | Ruben Saguil (M56) | | 31 | M55-59 | Carrollton | 50:05.7 | 13:05 | 14:02 | +57 | 27:07.475 | 8:43.8 | 52.52 | 77:13.209 | 57.1% | | | |
| | | | | | | | | | | 31 Positive Split | | | 6 Negative Split | | | Average Finish Time: 31:52 | Average Age Grade: 53.8% | |