



Carrollton Runners Prediction Run 5K

Sunday, November 19, 2023

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

58F Clear 81%RH 8mph SSE
5K Off :7:32 am

Place	OA	Bib	Name	5K	[Lap]	GD	AgeGrp	Predicted	ChipStart	1stH	2ndH	△	NetChipTime	Pace	Difference
1	4	255	John Cosentino (M61)			4	M60-64	24:55	0.8				24:55.737	8:10.4	0.74
2	2	856	Trey Backes (M45)			2	M45-49	23:15	0.0				23:15.828	7:37.6	0.83
3	12	155	Ruben Arevalo (M68)			12	M65-69	28:00	0.0				28:05.119	9:12.5	5.12
4	3	503	Diego Acosta (M20)			3	M20-24	25:00	0.0				24:54.410	8:10.0	5.59
5	6	117	Vijayan Nair (M61)			6	M60-64	25:15	0.0				25:06.427	8:13.9	8.57
6	18	345	Ryan Pogue (M52)			15	M50-54	30:10	1:32.0				30:18.889	9:56.4	8.89
7	16	466	Andrew Ngotho (M57)			14	M55-59	30:00	7.2				30:19.650	9:56.6	19.65
8	24	106	Robert Simpson (M68)			19	M65-69	36:15	26.4				35:55.097	11:46.6	19.90
9	17	044	Amie Goins (F52)			3	F50-54	31:14	2.5				31:34.258	10:21.1	20.26
10	11	193	Julio Lopez (M68)			11	M65-69	28:20	0.9				27:53.950	9:08.8	26.05
11	13	992	Simon Rose (M41)			13	M40-44	27:45	4.8				28:15.206	9:15.8	30.21
12	9	060	Jaws Hansen (M63)			9	M60-64	27:47	0.2				27:10.032	8:54.4	36.97
13	7	405	Steve Russo (M60)			7	M60-64	26:32	5.3				25:51.916	8:28.8	40.08
14	22	113	Victor Elfenbein (M65)			18	M65-69	35:00	2.7				34:12.272	11:12.9	47.73
15	14	999	Emily Whitehurst (F37)			1	F35-39	31:00	1.1				30:07.712	9:52.7	52.29
16	19	050	Chris Goins (M53)			16	M50-54	33:00	3.6				32:05.326	10:31.3	54.67
17	32	246	Sheila Holen (F52)			8	F50-54	57:18	22.2				56:17.451	18:27.4	60.55
18	21	283	Ruben Reyes (M67)			17	M65-69	31:20	4.1				32:32.844	10:40.3	72.84
19	28	024	Carol Creech (F72)			7	F70-74	46:47	3:45.4				45:14.083	14:49.9	92.92
20	34	998	John Kramer (M61)			26	M60-64	55:38	2:37.2				57:13.557	18:45.8	95.56
21	5	001	Francisco Espinosa (M53)			5	M50-54	26:50	1.8				24:57.080	8:10.8	112.92
22	20	198	Yanira Lopez (F60)			4	F60-64	34:25	10.1				32:23.566	10:37.2	121.43
23	25	530	Lilliana Wutter (F51)			6	F50-54	40:00	2.7				37:23.541	12:15.6	156.46
24	1	738	Itsuki Pena (M14)			1	M10-14	25:00	1.9				21:50.411	7:09.6	189.59
25	27	529	Carlos Ordonez (M53)			21	M50-54	43:00	26.1				46:35.043	15:16.4	215.04
26	26	488	Ryan Boyd (M35)			20	M35-39	29:00	5:00.3				32:35.187	10:41.0	215.19
27	15	265	Kuay Sullivan (F58)			2	F55-59	33:48	4.5				30:09.927	9:53.4	218.07
28	10	755	Leonardo McCullogh (M14)			10	M10-14	35:00	3.9				27:36.177	9:03.0	443.82
29	23	754	Yuki Hayashi (F44)			5	F40-44	50:00	5.2				35:03.366	11:29.6	896.63
30	8	739	Hiroki Pena (M9)			8	M01-09	50:00	2.2				27:07.060	8:53.5	1372.94
31	31	117	Vijayan Nair (M61) [2]			24	M60-64	28:00	25:07.0				28:03.641	9:12.0	3.64
32	29	255	John Cosentino (M61) [2]			22	M60-64	25:55	24:57.8				25:41.204	8:25.3	13.80
33	33	193	Julio Lopez (M68) [2]			25	M65-69	28:40	27:55.1				28:58.371	9:30.0	18.37
34	38	198	Yanira Lopez (F60) [2]			11	F60-64	39:45	32:34.3				38:48.627	12:43.5	56.37
35	30	405	Steve Russo (M60) [2]			23	M60-64	28:32	25:58.6				26:58.896	8:50.8	93.10
36	36	265	Kuay Sullivan (F58) [2]			9	F55-59	34:12	30:14.6				31:48.595	10:25.8	143.40
37	35	155	Ruben Arevalo (M68) [2]			27	M65-69	29:00	28:06.1				32:33.112	10:40.4	213.11
38	37	999	Emily Whitehurst (F37) [2]			10	F35-39	37:00	30:09.8				32:55.410	10:47.7	244.59
39	39	113	Victor Elfenbein (M65) [2]			28	M65-69	38:00	34:15.6				49:42.684	16:17.9	702.68

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

15Slower 24Faster 157.19

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	738	Itsuki Pena (M14)		1	M10-14	Coppell	1.9				21:50.411	7:09.6	189.59	21:52.335	63.8%
2	856	Trey Backes (M45)		2	M45-49	Dallas	0.0				23:15.828	7:37.6	0.83	23:15.828	59.8%
3	503	Diego Acosta (M20)		3	M20-24	Coppell	0.0				24:54.410	8:10.0	5.59	24:54.410	51.4%
4	255	John Cosentino (M61)		4	M60-64	Plano	0.8				24:55.737	8:10.4	0.74	24:56.582	63.7%
5	001	Francisco Espinosa (M53)		5	M50-54	Carrollton	1.8				24:57.080	8:10.8	112.92	24:58.867	59.5%
6	117	Vijayan Nair (M61)		6	M60-64	Plano	0.0				25:06.427	8:13.9	8.57	25:06.427	63.3%
7	405	Steve Russo (M60)		7	M60-64	Plano	5.3				25:51.916	8:28.8	40.08	25:57.226	60.9%
8	739	Hiroki Pena (M9)		8	M01-09	Coppell	2.2				27:07.060	8:53.5	1372.94	27:09.246	59.2%
9	060	Jaws Hansen (M63)		9	M60-64	Dallas	0.2				27:10.032	8:54.4	36.97	27:10.271	59.5%
10	755	Leonardo McCullogh (M14)		10	M10-14	Carrollton	3.9				27:36.177	9:03.0	443.82	27:40.101	50.5%
11	193	Julio Lopez (M68)		11	M65-69	Farmers Branch	0.9				27:53.950	9:08.8	26.05	27:54.845	60.7%
12	155	Ruben Arevalo (M68)		12	M65-69	Carrollton	0.0				28:05.119	9:12.5	5.12	28:05.119	60.3%
13	992	Simon Rose (M41)		13	M40-44	Carrollton	4.8				28:15.206	9:15.8	30.21	28:20.000	47.8%
14	999	Emily Whitehurst (F37)		1	F35-39	Carrollton	1.1				30:07.712	9:52.7	52.29	30:08.835	49.1%
15	265	Kuay Sullivan (F58)		2	F55-59	Coppell	4.5				30:09.927	9:53.4	218.07	30:14.449	61.2%
16	466	Andrew Ngotho (M57)		14	M55-59	Carrollton	7.2				30:19.650	9:56.6	19.65	30:26.880	50.6%
17	044	Amie Goins (F52)		3	F50-54	Garland	2.5				31:34.258	10:21.1	20.26	31:36.777	54.0%
18	345	Ryan Pogue (M52)		15	M50-54	Carrollton	1:32.0				30:18.889	9:56.4	8.89	31:50.839	48.6%
19	050	Chris Goins (M53)		16	M50-54	Garland	3.6				32:05.326	10:31.3	54.67	32:08.925	46.2%
20	198	Yanira Lopez (F60)		4	F60-64	Farmers Branch	10.1				32:23.566	10:37.2	121.43	32:33.650	58.6%
21	283	Ruben Reyes (M67)		17	M65-69	Carrollton	4.1				32:32.844	10:40.3	72.84	32:36.919	51.5%
22	113	Victor Elfenbein (M65)		18	M65-69	Dallas	2.7				34:12.272	11:12.9	47.73	34:14.968	48.2%
23	754	Yuki Hayashi (F44)		5	F40-44	Coppell	5.2				35:03.366	11:29.6	896.63	35:08.517	44.3%
24	106	Robert Simpson (M68)		19	M65-69	Coppell	26.4				35:55.097	11:46.6	19.90	36:21.486	47.2%
25	530	Lilliana Wutter (F51)		6	F50-54	Frisco	2.7				37:23.541	12:15.6	156.46	37:26.279	45.0%
26	488	Ryan Boyd (M35)		20	M35-39	Carrollton	5:00.3				32:35.187	10:41.0	215.19	37:35.496	39.7%
27	529	Carlos Ordonez (M53)		21	M50-54	Carrollton	26.1				46:35.043	15:16.4	215.04	47:01.115	31.9%
28	024	Carol Creech (F72)		7	F70-74	Aubrey	3:45.4				45:14.083	14:49.9	92.92	48:59.457	50.6%
29	255	John Cosentino (M61) [2]		22	M60-64	Plano	24:57.8				25:41.204	8:25.3	13.80	50:38.992	61.9%
30	405	Steve Russo (M60) [2]		23	M60-64	Plano	25:58.6				26:58.896	8:50.8	93.10	52:57.457	58.4%
31	117	Vijayan Nair (M61) [2]		24	M60-64	Plano	25:07.0				28:03.641	9:12.0	3.64	53:10.648	56.6%
32	246	Sheila Holen (F52)		8	F50-54	Lewisville	22.2				56:17.451	18:27.4	60.55	56:39.695	30.3%
33	193	Julio Lopez (M68) [2]		25	M65-69	Farmers Branch	27:55.1				28:58.371	9:30.0	18.37	56:53.464	58.5%
34	998	John Kramer (M61)		26	M60-64	Plano	2:37.2				57:13.557	18:45.8	95.56	59:50.796	27.8%
35	155	Ruben Arevalo (M68) [2]		27	M65-69	Carrollton	28:06.1				32:33.112	10:40.4	213.11	60:39.214	52.0%
36	265	Kuay Sullivan (F58) [2]		9	F55-59	Coppell	30:14.6				31:48.595	10:25.8	143.40	62:03.212	58.0%
37	999	Emily Whitehurst (F37) [2]		10	F35-39	Carrollton	30:09.8				32:55.410	10:47.7	244.59	63:05.168	45.0%
38	198	Yanira Lopez (F60) [2]		11	F60-64	Farmers Branch	32:34.3				38:48.627	12:43.5	56.37	71:22.898	48.9%
39	113	Victor Elfenbein (M65) [2]		28	M65-69	Dallas	34:15.6				49:42.684	16:17.9	702.68	83:58.322	33.1%

Average Finish Time: 32:22 Average Age Grade: 51.7%

