



# Carrollton Runners Prediction Run 5K

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Sunday, July 21, 2024  
76F Clear 76%RH 6mphSE  
5K Off :7:34 am

Place	OA	Bib	Name	5K	[Lap]	GD	AgeGrp	Predicted	ChipStart	1stH	2ndH	△	NetChipTime	Pace	Difference
1	36	041	Kay Scott (F54)			13	F50-54	43:00	27.0				42:59.527	14:05.7	0.47
2	31	044	Amie Goins (F52)			11	F50-54	33:23	8.8				33:25.900	10:57.7	2.90
3	9	673	Courtney Lin (F30)			2	F30-34	25:00	2.7				25:07.351	8:14.2	7.35
4	44	261	John Kramer (M62)			29	M60-64	63:00	4:17.2				63:07.635	20:41.8	7.64
5	41	246	Sheila Holen (F53)			14	F50-54	59:30	14.1				59:21.592	19:27.7	8.41
6	20	681	Tim George (M43)			16	M40-44	30:00	4.5				30:12.782	9:54.4	12.78
7	33	050	Chris Goins (M53)			22	M50-54	35:00	11.8				35:12.956	11:32.8	12.96
8	21	678	Abby George (F14)			5	F10-14	30:00	3.0				30:14.976	9:55.1	14.98
9	15	193	Julio Lopez (M68)			11	M65-69	28:30	1.8				28:48.048	9:26.6	18.05
10	18	012	Doug Waters (M59)			14	M55-59	29:00	33.0				29:18.247	9:36.5	18.25
11	7	675	Eliot Brookshire (F17)			1	F15-19	24:00	1.6				24:25.132	8:00.4	25.13
12	24	096	Blake Bruser (F15)			8	F15-19	31:31	23.1				31:04.018	10:11.2	26.98
13	25	097	Nathan Bruser (M53)			17	M50-54	31:31	24.2				31:02.904	10:10.8	28.10
14	26	009	John Leighton (M63)			18	M60-64	30:40	22.4				31:12.782	10:14.0	32.78
15	10	676	Keri Brookshire (F46)			3	F45-49	25:00	3.4				25:34.311	8:23.1	34.31
16	3	656	Francisco Espinosa (M54)			3	M50-54	24:00	0.7				23:25.154	7:40.7	34.85
17	11	677	Michael Brooskshire (M45)			8	M45-49	25:00	0.0				25:37.800	8:24.2	37.80
18	6	503	Diego Acosta (M20)			6	M20-24	25:07	0.0				24:25.738	8:00.6	41.26
19	16	060	Jaws Hansen (M64)			12	M60-64	29:03	31.0				28:21.612	9:17.9	41.39
20	8	117	Vijayan Nair (M61)			7	M60-64	25:00	17.8				24:17.250	7:57.8	42.75
21	27	121	Debbie Riedner (F54)			9	F50-54	34:00	4.8				33:12.177	10:53.2	47.82
22	13	405	Steve Russo (M60)			10	M60-64	26:26	21.5				27:21.026	8:58.0	55.03
23	22	040	Kim Andres (F71)			6	F70-74	30:00	8.1				30:55.515	10:08.4	55.52
24	4	255	John Cosentino (M62)			4	M60-64	24:40	30.2				23:41.390	7:46.0	58.61
25	19	006	Peter Ackling (M59)			15	M55-59	29:00	0.3				30:13.069	9:54.4	73.07
26	2	669	Gabe Speck (M17)			2	M15-19	20:00	1.0				21:14.319	6:57.8	74.32
27	34	586	Emily Whitehurst (F38)			12	F35-39	35:00	9.1				36:16.032	11:53.5	76.03
28	23	005	Amy Polcari (F58)			7	F55-59	32:30	1.7				31:05.094	10:11.5	84.91
29	5	011	Blair Casey (M37)			5	M35-39	26:00	0.1				24:12.465	7:56.2	107.53
30	17	155	Ruben Arevalo (M69)			13	M65-69	28:00	0.0				29:48.851	9:46.5	108.85
31	1	710	Jaydin Turner (M15)			1	M15-19	19:00	0.0				20:53.968	6:51.1	113.97
32	35	222	Rich Weklar (M53)			23	M50-54	39:00	19.5				37:04.415	12:09.3	115.58
33	12	190	Ka Lau (M33)			9	M30-34	25:00	2.6				26:58.968	8:50.8	118.97
34	28	671	Isabella Wallace (F14)			10	F10-14	30:00	12.1				33:11.671	10:53.0	191.67
35	30	672	Chris Wallace (M42)			20	M40-44	30:00	12.4				33:13.649	10:53.7	193.65
36	32	466	Andrew Ngotho (M57)			21	M55-59	30:00	0.0				34:12.000	11:12.8	252.00
37	14	521	Carly Hensley (F32)			4	F30-34	33:00	10.9				28:01.503	9:11.3	298.50
38	29	679	Marcus Moore (M54)			19	M50-54	25:00	3.0				33:21.527	10:56.2	501.53
39	40	193	Julio Lopez (M68) [2]			27	M65-69	30:30	28:49.8				30:15.934	9:55.4	14.07
40	38	117	Vijayan Nair (M61) [2]			25	M60-64	28:00	24:35.7				28:17.060	9:16.4	17.06
41	42	097	Nathan Bruser (M53) [2]			28	M50-54	30:31	31:28.1				31:29.684	10:19.6	58.68
42	43	096	Blake Bruser (F15) [2]			15	F15-19	30:31	31:27.2				31:30.747	10:19.9	59.75
43	37	255	John Cosentino (M62) [2]			24	M60-64	26:00	24:12.8				24:53.572	8:09.7	66.43
44	39	405	Steve Russo (M60) [2]			26	M60-64	26:40	27:43.6				29:21.393	9:37.5	161.39

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

28Slower 16Faster 76.229

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	710	Jaydin Turner (M15)		1	M15-19	Carrollton	0.0				20:53.968	6:51.1	113.97	20:53.968	65.4%
2	669	Gabe Speck (M17)		2	M15-19	Plano	1.0				21:14.319	6:57.8	74.32	21:15.289	62.5%
3	656	Francisco Espinosa (M54)		3	M50-54	Carrollton	0.7				23:25.154	7:40.7	34.85	23:25.816	63.9%
4	255	John Cosentino (M62)		4	M60-64	Plano	30.2				23:41.390	7:46.0	58.61	24:11.603	67.7%
5	011	Blair Casey (M37)		5	M35-39	Carrollton	0.1				24:12.465	7:56.2	107.53	24:12.560	54.2%
6	503	Diego Acosta (M20)		6	M20-24	Coppell	0.0				24:25.738	8:00.6	41.26	24:25.738	52.4%
7	675	Eliot Brookshire (F17)		1	F15-19	Dallas	1.6				24:25.132	8:00.4	25.13	24:26.763	60.8%
8	117	Vijayan Nair (M61)		7	M60-64	Plano	17.8				24:17.250	7:57.8	42.75	24:35.052	65.4%
9	673	Courtney Lin (F30)		2	F30-34	Plano	2.7				25:07.351	8:14.2	7.35	25:10.060	57.9%
10	676	Keri Brookshire (F46)		3	F45-49	Dallas	3.4				25:34.311	8:23.1	34.31	25:37.714	62.0%
11	677	Michael Brooskshire (M45)		8	M45-49	Dallas	0.0				25:37.800	8:24.2	37.80	25:37.800	54.3%
12	190	Ka Lau (M33)		9	M30-34	Plano	2.6				26:58.968	8:50.8	118.97	27:01.607	47.5%
13	405	Steve Russo (M60)		10	M60-64	Plano	21.5				27:21.026	8:58.0	55.03	27:42.533	57.6%
14	521	Carly Hensley (F32)		4	F30-34	Carrollton	10.9				28:01.503	9:11.3	298.50	28:12.451	52.0%
15	193	Julio Lopez (M68)		11	M65-69	Farmers Branch	1.8				28:48.048	9:26.6	18.05	28:49.812	58.8%
16	060	Jaws Hansen (M64)		12	M60-64	Dallas	31.0				28:21.612	9:17.9	41.39	28:52.566	57.6%
17	155	Ruben Arevalo (M69)		13	M65-69	Carrollton	0.0				29:48.851	9:46.5	108.85	29:48.851	57.4%
18	012	Doug Waters (M59)		14	M55-59	Carrollton	33.0				29:18.247	9:36.5	18.25	29:51.236	53.3%
19	006	Peter Ackling (M59)		15	M55-59	Coppell	0.3				30:13.069	9:54.4	73.07	30:13.339	51.7%
20	681	Tim George (M43)		16	M40-44	Plano	4.5				30:12.782	9:54.4	12.78	30:17.267	45.4%
21	678	Abby George (F14)		5	F10-14	Plano	3.0				30:14.976	9:55.1	14.98	30:18.000	51.0%
22	040	Kim Andres (F71)		6	F70-74	Irving	8.1				30:55.515	10:08.4	55.52	31:03.603	72.8%
23	005	Amy Polcari (F58)		7	F55-59	Coppell	1.7				31:05.094	10:11.5	84.91	31:06.748	59.4%
24	096	Blake Bruser (F15)		8	F15-19	Carrollton	23.1				31:04.018	10:11.2	26.98	31:27.082	49.0%
25	097	Nathan Bruser (M53)		17	M50-54	Carrollton	24.2				31:02.904	10:10.8	28.10	31:27.148	47.8%
26	009	John Leighton (M63)		18	M60-64	Bedford	22.4				31:12.782	10:14.0	32.78	31:35.134	51.8%
27	121	Debbie Riedner (F54)		9	F50-54	Dallas	4.8				33:12.177	10:53.2	47.82	33:17.013	52.7%
28	671	Isabella Wallace (F14)		10	F10-14	Plano	12.1				33:11.671	10:53.0	191.67	33:23.765	46.5%
29	679	Marcus Moore (M54)		19	M50-54	Carrollton	3.0				33:21.527	10:56.2	501.53	33:24.556	44.9%
30	672	Chris Wallace (M42)		20	M40-44	Plano	12.4				33:13.649	10:53.7	193.65	33:26.046	40.9%
31	044	Amie Goins (F52)		11	F50-54	Garland	8.8				33:25.900	10:57.7	2.90	33:34.693	51.0%
32	466	Andrew Ngotho (M57)		21	M55-59	Carrollton	0.0				34:12.000	11:12.8	252.00	34:12.000	44.9%
33	050	Chris Goins (M53)		22	M50-54	Garland	11.8				35:12.956	11:32.8	12.96	35:24.738	42.1%
34	586	Emily Whitehurst (F38)		12	F35-39	Carrollton	9.1				36:16.032	11:53.5	76.03	36:25.181	41.0%
35	222	Rich Weklar (M53)		23	M50-54	Bartonville	19.5				37:04.415	12:09.3	115.58	37:23.882	40.0%
36	041	Kay Scott (F54)		13	F50-54	Bedford	27.0				42:59.527	14:05.7	0.47	43:26.500	40.7%
37	255	John Cosentino (M62) [2]		24	M60-64	Plano	24:12.8				24:53.572	8:09.7	66.43	49:06.402	64.4%
38	117	Vijayan Nair (M61) [2]		25	M60-64	Plano	24:35.7				28:17.060	9:16.4	17.06	52:52.712	56.2%
39	405	Steve Russo (M60) [2]		26	M60-64	Plano	27:43.6				29:21.393	9:37.5	161.39	57:05.037	53.6%
40	193	Julio Lopez (M68) [2]		27	M65-69	Farmers Branch	28:49.8				30:15.934	9:55.4	14.07	59:05.748	56.0%
41	246	Sheila Holen (F53)		14	F50-54	Lewisville	14.1				59:21.592	19:27.7	8.41	59:35.732	29.1%
42	097	Nathan Bruser (M53) [2]		28	M50-54	Carrollton	31:28.1				31:29.684	10:19.6	58.68	62:57.761	47.1%
43	096	Blake Bruser (F15) [2]		15	F15-19	Carrollton	31:27.2				31:30.747	10:19.9	59.75	62:57.904	48.3%
44	261	John Kramer (M62)		29	M60-64	Plano	4:17.2				63:07.635	20:41.8	7.64	67:24.841	25.4%

Average Finish Time: 30:51 Average Age Grade: 52.4%